



HEADLANDS SCHOOL  
SINCE 1965

## Dance Curriculum Overview

This overview document details what students will be studying in this subject area over the course of their time with us and the skills and knowledge they will be covering. Students will be formally assessed across the year and their progress and ATL (Attitude to Learning) will be reported home at the end of each term. Assessments will aim to assess the knowledge and skills a student has covered up to that point in their education, including the curriculum covered in the previous year/s.

Half term	02.09.25 - 23.10.25	03.11.25 - 19.12.25	05.01.26 - 13.02.26	23.02.26 - 26.03.26	13.04.26 - 22.05.26	01.06.26 - 17.07.26
	Autumn 1 - 8 weeks	Autumn 2 - 7 weeks	Spring 1 - 6 weeks	Spring 2 - 5 weeks	Summer 1 - 5 weeks	Summer 2 - 7 weeks
Year 10	<p>Introduction to dance technique</p> <p>Technical workshops in contemporary dance style</p> <p><u>Physical skills</u> flexibility, strength, posture, alignment</p> <p><u>Expressive skills</u> musicality, projection</p> <p><u>Technical skills</u></p> <p>Stylistic features, Accuracy and Timing</p> <p><u>*Performing in a group</u></p> <p>Introduction to choreography skills</p> <p>Creating action, space, dynamic and relationship content in group dance</p> <p>Contact work</p> <p>Using 'Swansong' by Christopher Bruce as a stimulus for creating own trio work</p> <p><u>*Perform choreography</u></p>	<p><b>Component 1</b> <b>Performing</b></p> <p><u>Skill development</u> through rehearsing own choreography work</p> <p><u>Expressive skills</u> facial expression, sensitivity to other dancers, communication of choreographic intent</p> <p><b>Choreography</b> Creating choreography from a stimulus</p> <p><u>Understanding choreographic intent</u></p> <p>Designing action, space dynamics and relationships for a theme</p> <p>Use of choreographic devices including Binary and ternary structure</p> <p>Introduction to the programme note</p> <p><u>*Performing own choreography</u></p>	<p><b>Component 1</b> <b>Performing</b></p> <p>Learn AQA Set phrases</p> <p><u>Movement memory for 'Breathe'</u></p> <p>Mastery of stylistic features</p> <p>Application of Physical Technical and Expressive Skills</p> <p>Confidence and commitment for a solo</p> <p>Application of safe practice</p> <p><u>*Perform solo</u></p> <p><b>Choreography</b></p> <p>Workshops on set works</p> <p>using set work as stimulus, developing movement content in the style (contemporary/ballet and Contemporary/Samba), using choreographic devices to develop movement</p> <p>Expressing emotions and narrative through movement</p>	<p><b>Component 1</b> <b>Performing</b></p> <p>Development of skills through rehearsing own choreography work</p> <p><u>Mental skills</u></p> <p>Concentration, commitment, confidence, movement memory</p> <p><b>Solo Choreography</b> - responding to a stimulus</p> <p>Developing own choreographic intent</p> <p>Creating original movement linked to idea</p> <p>Using motif and development devices</p> <p>Choosing aural setting</p> <p><u>*Perform solo choreography</u></p> <p><b>Component 2- Theory</b> <b>Section C</b></p> <p>Dance Anthology</p>	<p><b>Component 1</b> <b>Performing</b></p> <p>Learn AQA Set phrases</p> <p><u>Movement memory for 'Shift'</u></p> <p>Mastery of stylistic features</p> <p>Application of Physical Technical and Expressive Skills</p> <p>Confidence and commitment for a solo</p> <p>Application of safe practice</p> <p><u>*Perform solo</u></p> <p><b>Choreography</b></p> <p>Developing creative responses</p> <p>Developing further creative action responses using shifting weight and leading with body parts</p> <p>Workshop on set work using set work as stimulus, developing movement content in the style (contemporary contact work)</p> <p>Developing highlights/climax in a dance piece</p>	<p><b>Component 1</b> <b>Performing</b></p> <p>Development of skills through rehearsing own choreography work</p> <p><u>Technical skills</u></p> <p>Accuracy in action, space, dynamics, timing with other dancer(s)</p> <p><b>Choreography</b></p> <p>Developing creative responses</p> <p>Aural setting - exploring found sound, natural sound and spoken word</p> <p>Dance relationships for duo/trio - counterpoint, accumulation, complementary, mirroring, contact</p> <p><u>*Perform 1 min duo/trio choreography</u></p> <p><b>Component 2- Theory</b> <b>Revision of all sections</b></p> <p><u>Section A</u></p>

	<p><b>Component 2 Theory</b> <b>Section A</b> Safe Practice, nutrition, Action, Space, Dynamics, Relationships <b>*Exam style Questions on Section A - key knowledge</b> <b>Section B - Writing about own work</b></p>	<p><b>Component 2- Theory</b> Section A Performance and Choreography Skills Introduction to writing a hypothetical choreography <b>*Section A - Hypothetical choreography question</b> <b>Section B - Writing about own work</b></p>	<p>Using formations and pathways for complex visual effects</p> <p><b>Component 2- Theory</b> <b>Section C</b> Dance Anthology Watch and study 2 set works 'Shadows' and 'A Linha Curva' Knowledge of choreographic intent, dance style, design choices for costume, lightning, set and Aural setting Analysis of the effects created and the communication of the intent. <b>*Questions on set works</b></p>	<p>Watch and study 1 more set work</p> <p><b>Emancipation of Expressionism</b> Knowledge of choreographic intent, dance style, design choices for costume, lightning, set and Aural setting Analysis of the effects created and the communication of the intent.</p> <p><b>*Question - comparing the set works</b> Identifying action content, spatial content and dynamic content in own solo and explaining reasons/effect</p> <p><b>* Section B writing about own solo choreography</b></p>	<p><b>Component 2- Theory</b> <b>Section C</b> Dance Anthology Watch and study 1 more set work <b>'Within her Eyes'</b> Knowledge of choreographic intent, dance style, design choices for costume, lightning, set and Aural setting Analysis of the effects created and the communication of the intent.</p> <p><b>*Questions</b></p>	<p>Revise safe practice, nutrition, choreographic devices <b>Section B</b> Prepare own examples from set phrases and choreography Revise all skills <b>Section C</b> Key facts for 4 works and practice comparison questions <b>*Year 10 mock exam</b></p>
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	Autumn 1 - 8 weeks	Autumn 2 - 7 weeks	Spring 1 - 6 weeks	Spring 2 - 5 weeks	Summer 1 - 5 weeks	Summer 2 - 7 weeks
Year 11	<p><b>Component 1</b> <b>Performing</b> Rehearsal of Duo/Trio performance piece Development of skills during this process Physical Technical Expressive Mental <b>*Practical exam 20%</b></p> <p><b>Choreography</b> Learning and consolidating knowledge of choreographic</p>	<p><b>Component 1</b> <b>Choreography</b> Creating own Choreography Introduction to NEA choreography stimulus choices Work through choreographic process, developing movement motifs and choosing music <b>*Perform 1 min of choreography</b></p>	<p><b>Component 1</b> <b>Performing</b> Recap AQA set phrases <b>Fine tuning skills</b> Physical, Expressive, Technical, Mental <b>Choreography</b> Development and refinement of own Choreography Recap of the process and all choreographic devices</p>	<p><b>Component 1</b> Completion of choreography pieces <b>*Practical exam 30%</b></p> <p><b>Component 2 -Theory</b> <b>Recap on all set works</b> <b>*Questions</b></p>	<p>Performing AQA set Phrases All skills Physical, Technical, Expressive, Mental <b>*Practical exam 10%</b></p> <p><b>Component 2 -Theory</b> Revise all content <b>Section A</b> Choreography, safe practice, skills and definitions <b>Section B</b></p>	<p>Revision of Component 2 <b>*External written exam 40%</b></p>

<p>devices and creating movement to tell a narrative through rehearsing the duo/trio task</p> <p><b>Component 2 -Theory</b></p> <p><u>Section A and B</u></p> <p>Recap all skills and choreographic devices</p> <p><u>Section C</u></p> <p>Watch and study 1 set work 'Infra'</p> <p>Knowledge of choreographic intent, dance style, design choices for costume, lightning, set and Aural setting</p> <p>Analysis of the effects created and the communication of the intent.</p> <p><b>*Questions</b></p>	<p><b>Section C</b></p> <p>Watch and study 1 set work 'Artificial Things'</p> <p>Knowledge of choreographic intent, dance style, design choices for costume, lightning, set and Aural setting</p> <p>Analysis of the effects created and the communication of the intent.</p> <p><b>*Mock style questions</b></p>	<p>Revise Sections A B and C</p> <p>Add</p> <p>Choreographic approaches</p> <p><b>*Mock Exam</b></p>		<p>Reflection of my own dance practice. Prepare examples on all skills and action, spatial, dynamic content, aural setting</p> <p><u>Section C</u></p> <p>Dance Anthology of set works</p> <p>Review all knowledge related to choreographic intent, Choreographic approach, choice of dancers, dance style, design choices for costume, lightning, set and aural setting</p> <p>Analysis of the effects created and the communication of the intent.</p> <p>Comparisons between the works.</p>	
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