



# **ActiveB** Teacher Training in Dance & Movement for Boys

**Course Title:** Super Heroes Scheme of Work

**Age Group:** 7 – 10 years

## **Aims of the day:**

This 3 hour practical workshop takes participants stage by stage through the simple, easy to teach Super Heroes choreography

This workshop will help you to:

- Create simple dance and movement to music sequences more suited to boys
- Develop new skills to deliver the Super Heroes Scheme of Work
- Work with music and rhythmic patterning more effectively

This package comes complete with lesson plans and music CD.

## **Programme:**

Registration and Introduction

Practical task 1: Building the Super Heroes group choreography and the paired 'Fight Scene' choreography

Practical task 2: Performing the Super Heroes performance piece.

Session 3: Lesson plan and resources discussion, plus useful teaching methods

Day ends