# basic education Department: Basic Education REPUBLIC OF SOUTH AFRICA

## 2023/24 ANNUAL TEACHING PLANS: CREATIVE ARTS (DANCE): GRADE 7 (TERM 1)

TERM 1	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9-11		
CAPS TOPICS	Dance Performance Dance Theory and Literacy		Dance Performance Dance Theory and Literacy	Dance Performance Dance Improvisation and Composition Dance Theory and Literacy	Dance Performance Dance Improvisation and Composition	Dance Performance Dance Improvisation and Composition Dance Theory and Literacy	Dance Performance Dance Improvisation and Composition Dance Theory and Literacy	Dance Performance Dance Improvisation and Composition	Dance Performance Dance Improvisation and Composition		
CONCEPTS, SKILLS AND VALUES			Dance Performance Dance Conventions: Setting a safe environment, conventions for entering, leaving and greeting, code of conduct and dress code for a dance class Introduction to principles of posture and alignment 1. Warm up: Walks and runs, interspersed with freezes 2. Introduction to floor work for core stability, strength and flexibility – flexing and stretching the feet 3. Cooling down with focus on posture and alignment Dance Theory and Literacy Importance of warm-up	Dance Performance Dance Conventions: Continue with appropriate use of space, respect and trust  1. Warm up: Continues with focus on principles of posture and alignment  2. Floor work: Continues, adding rounding and lengthening of the spine with focus  3. Cooling down safely Dance Improvisation and Composition  Exploring elements of dance: Use of space, time and energy Dance Theory and Literacy  • Dance terminology  • Importance of good posture and alignment	Dance Performance  1. Warm up: Continues by exploring variations of shapes  2. Joint mobility: Knee bends, rises in parallel  3. Small jumps: Preparation for safe landing from movements of elevation/aerial movements (toe-ball-heelbend), small jumps off two feet  4. Cooling down with slow stretches  Dance Improvisation and Composition  Continues, add exploring with relationships	Dance Performance  1.Warm up: Continues by exploring various levels  2.Joint mobility: Add outward rotation  3.Small jumps: Add simple locomotor movements across the space  4.Cooling down with safe, slow stretching  Dance Improvisation and Composition  Continue exploring elements of dance – use of space: Shape, dimension, levels, direction and pathways  Dance Theory and Literacy  • Dance elements of space and time	Dance Performance  1. Warm up: Continues by exploring various directions  2. Floor work: Continues, with focus on posture and alignment  3. Joint mobility: Add transfer of weight from side to side  4. Small jumps: With simple locomotor combinations  5. Cooling down with safe, slow stretching  Dance Improvisation and Composition  Continue exploring elements of dance – focus on time: duration tempo, accents, phrasing using body percussion, stamps, claps  Dance Theory and Literacy  Dance terminology  Elements of dance as explored in Dance Improvisation and Composition	Dance Performance Preparation towards the FAT (Formal Assessment Task). Practise practical class work for the Formal Assessment Task.  1. Warm up 2. Floor work 3. Joint mobility (with transfer of weight) 4. Small jumps (with simple locomotor combinations) 5. Cooling down Dance Improvisation and Composition Exploring the elements of time and space	Formal Practical Assessment Task (FAT) Dance performance Explore practical class work: 1. Warm up 2. Floor work 3. Joint mobility (with transfer of weight) 4. Small jumps (with simple locomotor combinations) 5. Cooling down Dance Improvisation and Composition Exploring the elements of time and space 25 marks assessed with a rubric		
REQUISITE PRE- KNOWLEDGE	Basic and developing dance technique; understanding of concepts such as warm-up, locomotor and non-locomotor movement, basic understanding of dance elements such as time, force, space, shape, understanding and application towards correct posture and alignment										
RESOURCES (OTHER THAN TEXTBOOK) TO ENHANCE LEARNING	Props, pictures, photographs, stories, poems, anecdotes, one-liners, video clips, appropriate electronic apps, i.e. EdPuzzle, PowToons, Canva, Book Creator, etc.  https://drive.google.com/open?id=11rxJEBmORUqZH7t4iGHjTr8QfYIQ1uOZ								Appropriate performance space: Classroom, hall, stage, etc. / CD player Video camera / cell phone camera (optional)		
INFORMAL	Continuous inform	al assessment throu	gh observation, learners' continuous	s reflection in workbooks (journals,	worksheets, puzzles, quizzes, class	s tests, etc.) assessed by self, peer	or teacher.				
ASSESSMENT AND REMEDIATION	Workbook: Mind map on code of conduct in the dance class – discussion, negotiation and ideas for generating a class poster	Workbook: Mind map/ worksheet/ diagram on elements of dance explored in previous phase	Observation, side coaching and direction by teacher to introduce new principles and practical work  Workbook: Journal/ worksheet on the importance of warm-up	Observation, side coaching and direction by teacher to introduce new principles and practical work.  Workbook: Reflection on new dance terminology and the importance of good posture and body alignment by means of journal/ worksheet/ mind maps, etc.	Observation, side coaching and direction on safe landing, jumps, etc.	Observation, side coaching and direction on safe landing, jumps, etc. Workbook: Explore dance elements by means of a diagram/ worksheet/ mind map, etc.	Teacher guidance towards dance performance Peer assessment on locomotor movement combinations and application of dance elements  – worksheet for peer assessment	Rehearsal, directing by teacher and peers towards polished dance performance.  Workbook: Worksheet for reflection on dance performance	Classroom discussion and critical reflection using dance terminology learnt during past weeks		
SBA (FORMAL ASSESSMENT)	SBA (FORMAL Formal Assessment Task: Dance Performance										

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### 2023/24 ANNUAL TEACHING PLANS: CREATIVE ARTS (DANCE): GRADE 7 (TERM 2)

TERM 2	WEEK 1-2	WEEK 3-4	WEEK 5-6	WEEK 7-8	WEEK 9-10	WEEK 11
CAPS TOPICS	Dance Performance Dance Theory and Literacy	Dance Performance Dance Improvisation and Composition Dance Theory and Literacy	Dance Performance Dance Improvisation and Composition Dance Theory and Literacy	Dance Performance Dance Improvisation and Composition Dance Theory and Literacy	Dance Performance Dance Improvisation and Composition Dance Theory and Literacy	Dance Performance Dance Improvisation and Composition Dance Theory and Literacy
CONCEPTS, SKILLS AND VALUES	Dance Performance Consolidation of term 1 work  1. Warm up: Focus on posture and alignment  2. Floor work: Continue from previous term, focusing on core stability, flexibility and strength – flexing and stretching of feet  3. Jumps: Continue from term 1, small jumps off two feet, focusing on safe landing  4. Cooling down with safe, slow stretching  Dance Theory and Literacy  Dance terminology  Importance of cooling down	1. Warm up: Use locomotor movements with freezes and incorporate use of direction, space and levels  2. Floor work: Add inward and outward rotation from the hips and transference of weight – backwards and forwards  3. Jumps: Add arm movements to develop mobility, coordination and control  4. Cooling down continue with focus on breathing and using good posture and alignment  Dance Improvisation and Composition  Improvise using element of force – flow of energy  Dance Theory and Literacy  Dance terminology  Element of force and energy	Dance Performance  1. Warm up: Gradually develop warm-up routine and focus on posture and alignment  2. Floor work: Continues with strengthening and mobility exercises for feet, legs and hips  3. Jumps: Add change of direction  4. Turns: Introduce turning movements  5. Cooling down with stretching, focusing on relaxation and breathing  Dance Improvisation and Composition  Improvise using element of force — opposites (smooth and jerky movements)  Dance Theory and Literacy  Dance terminology  Importance of spotting during turning movements	1. Warm up: Add arm movements to develop control and mobility 2. Floor work: Continues with strengthening of abdominal and spinal muscles 3. Turns: Introduce spotting during turning movements 4. Short movement sequence using travelling/locomotor steps and small jumps 5. Cooling down through relaxation and slow stretching while sitting Dance Improvisation and Composition Improvisation with focus on relationships to the floor, other dancers and props Dance Theory and Literacy Dance terminology Reflect on working with others	Preparation towards the FAT (Formal Assessment Task) Practise practical class work for the Formal Assessment Task  1. Warm up 2. Floor work 3. Turns 4. Jumps 5. Short movement sequence 6. Cooling down Dance Improvisation and Composition Exploring the elements of time, space and force (as covered in term 1 to 2) Dance Theory and Literacy Consolidate and complete all work covered in term 1 to 2, in preparation of written assessment	Practical and written formal assessment Practical Formal Assessment Dance Performance Explore practical class work: 1. Warm up 2. Floor work 3. Turns 4. Jumps 5. Short movement sequence 6. Cooling down 25 marks assessed with a rubric Written Formal Assessment (Work from term 1 and 2) Dance Performance Dance Improvisation and Composition Dance Theory and Literacy • Dance conventions • Terminology • Elements of Dance • Dance literacy • Self-reflection Cognitive levels: Lower order: 30% Middle order: 40% Higher order: 30% 25 marks assessed with a memorandum
REQUISITE PRE- KNOWLEDGE	Basic and developing dance techni application towards correct posture	as time, force, space, shape, understanding and	Preparation towards dance performance during past 9 weeks Performance skills, audience behaviour and theatre etiquette			
RESOURCES (OTHER THAN TEXTBOOK) TO ENHANCE LEARNING	Open and adequate classroom spatch Props, pictures, photographs, storic https://drive.google.com/open?id=1 Lesson plans: https://bit.ly/3qjM0m	Appropriate performance space: classroom, hall, stage, etc. / CD player Video camera / cell phone camera (optional)				

TERM 2	WEEK 1-2		WEE	WEEK 3-4 WEEK 5-6		WEEK 7-8	WEEK 9-10	WEEK 11			
INFORMAL	Continuous inform	Continuous informal assessment through observation, learners' continuous reflection in workbooks (journals, worksheets, puzzles, quizzes, class tests, etc.) assessed by self, peer or teacher									
ASSESSMENT AND REMEDIATION	Observation, side coaching and direction by teacher – revision of term 1 principles and practical work. Workbook: Journal/ worksheet on the importance of cooling down	Practical and in workbook: Mind map/ worksheet/ diagram/ educational games on elements of dance explored in previous term	Observation, side coaching and direction by teacher to continuously improve technique	Workbook: Reflection by means of journal on elements of dance such as force and energy	Observation, side coaching and direction on safe landing, jumps, turns, eye focus, etc.	Workbook: Reflection on new dance terminology and elements of dance through worksheet/ diagram/ mind map/ puzzles/ journal, etc.	Teacher guidance towards dance performance through observation, side coaching and direction on safe landing, jumps, turns, eye focus, etc.  Workbook: Reflection on working with others through journal.	Rehearsal, side coaching, guidance by teacher and peers towards polished dance performance.  Peer assessment on movement sequence – worksheet for peer assessment	Classroom discussion and critical reflection using dance terminology learnt during past two terms		
SBA (FORMAL ASSESSMENT)	Formal Assessm	Formal Assessment Task: Dance Performance and Written Assessment									

### 2023/24 ANNUAL TEACHING PLANS: CREATIVE ARTS (DANCE): GRADE 7 (TERM 3)

TERM 3	WEE	K 1-2	WEE	K 3-4	WEE	WEEK 5-6		EK 7-8	WEEK 9	WEEK 10-11	
CAPS TOPICS	Dance Performance Dance Theory and Literacy		Dance Performance Dance Theory and Literacy		Dance Performance Dance Improvisation and Composition Dance Theory and Literacy		Dance Performance Dance Improvisation and Composition Dance Theory and Literacy		Dance Performance Dance Improvisation and Composition	Dance Performance  Dance Improvisation and Composition	
CONCEPTS, SKILLS AND VALUES	Dance Performance Consolidation of term 1 and 2 work Dance Conventions should be established.  1. Warm up: Reflect on term 2, focus on using locomotor movements to explore space, direction and levels  2. Floor work: Focus on core stability, flexibility and articulation of the feet  3. Turns: Revise turning movement while spotting  4. Small jumps: Off two feet with focus on safe landing  5. Combination of locomotor movements with coordinating arms  6. Cooling down as in term 2, focus on breathing and stretching while sitting  Dance Theory and Literacy  Dance terminology  Discussion on how movements convey meaning		Dance Performance Warm up: Add knee bends and rises on two feet  1. Floor work: Continue and increase the mobility of the ankles, knee and hip joint, as well as strengthening of the feet and legs  2. Turns: Half turns while spotting, exploring the importance of eye focus and eye contact  3. Small jumps: Off two feet landing safely on one foot  4. Cooling down through breathing techniques for relaxation and stretches  Dance Theory and Literacy  Dance terminology – new words  Study two different dance styles, e.g. hip hop/ ballroom/ African/ ballet and discuss the differences and similarities		Dance Performance  1. Warm up: Add arm coordination  2. Floor work: Continues by adding strengthening exercises for the feet and legs  3. Turns: Add full turns while spotting  4. Small jumps: Jumping off one foot, landing on one foot  Learning a short South African dance, e.g. gumboot, nama stap, amapiano, pantsula, etc.  5. Cooling down with focus on breathing and leg stretches while lying down  Dance Improvisation and Composition  Learners respond to different stimuli: Themes, ideas, stories, pictures, etc. using eye contact/focus  Dance Theory and Literacy  Dance terminology  Self-reflection on response to stimuli		Dance Performance  1. Warm up: Add good use of posture and alignment  2. Floor work: Strengthening of abdominal and spinal muscles  3. Turns: Half and full turns while spotting, using eye contact and focus  4. Jumps: With focus on safe landing  5. Learning a short South African dance, e.g. gumboot dance, nama stap, amapiano, pantsula, etc.  6. Cooling down with focus on breathing and relaxing while stretching  Dance Improvisation and Composition  Use pictures – explore moods/ emotions  Learners improvise in groups using stimuli:  Themes, ideas, stories, pictures, etc. using eye contact/focus		Dance Performance Preparation towards the FAT (Formal Assessment Task).  Dance Improvisation and Composition Composition of movement sequence based on stimulus	Formal Practical Assessment Task (FAT)  Dance Performance  Dance Improvisation and Composition  Composition of movement sequence based on stimulus  25 marks assessed with a rubric	
REQUISITE PRE- KNOWLEDGE		Basic and developing dance technique, understanding of concepts such as warm-up, locomotor and non-locomotor movement, basic understanding of different dance styles, understanding and learning of a short South African Dance						nding and learning of a	Preparation towards dance performance during past 9 weeks Performance skills, audience behaviour and theatre etiquette		
RESOURCES (OTHER THAN TEXTBOOK) TO ENHANCE LEARNING	Appropriate per							Appropriate performance space Video camera / cell phone came	performance space: Classroom, hall, stage, etc. / CD player a / cell phone camera (optional)		
INFORMAL ASSESSMENT	Continuous informal asse	essment through observation	on, learners' continuous ref	lection in workbooks (journ	nals, worksheets, puzzles,	quizzes, class tests, etc.)	assessed by self, peer or	teacher.			
ASSESSMENT AND REMEDIATION	Workbook: Revise dance elements and techniques from term 1 and 2 through mind maps/ worksheets/ puzzles/ questionnaires/ educational games, etc.	Observation, side coaching and direction by teacher to continuously improve technique Class/group discussions as reflection on how movements convey meaning	Observation, side coaching and direction on safe landing, spotting, jumps, etc. Workbook: Research on different dance styles by means of visual aids such as magazines/ newspapers/ digital resources etc.	Observation, side coaching and direction by teacher to continuously improve technique  Workbook: Reflect and compare two dance styles (similarities and differences) by means of worksheet/ questionnaires/ journal, etc.	Observation, side coaching and direction by teacher on learning South African dance steps and style Workbook: Explore new dance terminology through mind maps/ worksheet/ questionnaire/ diagram, etc.	Observation, side coaching and direction by teacher on learning South African dance steps and style Workbook: Reflect by means of journal on personal response to stimuli in practical class	Teacher guidance towards dance performance. Peer assessment on dance improvisation and composition – worksheet/ questionnaires for peer assessment	Rehearsal, side coaching and guidance by teacher and peers towards polished dance performance  Workbook: Reflection by means of journal on dance improvisation and composition	Rehearsal, side coaching, guidance by teacher and peers towards polished dance performance	Classroom discussion and critical reflection using dance terminology learnt during past weeks	
SBA (FORMAL ASSESSMENT)	L Formal Accessment Tack: Dance Performance										

### 2023/24 ANNUAL TEACHING PLANS: CREATIVE ARTS (DANCE): GRADE 7 (TERM 4)

TERM 4	V	VEEK 1-2	WEE	₹ 3-4	WEEK 5-6		WE	EK 7-8	WEEK 9-10
CAPS TOPICS	Dance Performance  Dance Improvisation and Composition  Dance Theory and Literacy		Dance Performance Dance Improvisation and Composition Dance Theory and Literacy		Dance Performance Dance Improvisation and Composition Dance Theory and Literacy		Dance Performance Dance Improvisation and Composition Dance Theory and Literacy		Dance Performance Dance Improvisation and Composition Dance Theory and Literacy
CONCEPTS, SKILLS AND VALUES	Dance Performance Consolidation of work done in T Revise practical classwork as the term 3 Formal Practical Ass Dance Theory and Literacy Revision of dance theory and lit	s taught in term 1 to 3 by reflecting on essment Task.	Dance Performance  Mastery of the dance technique from the previous terms.  Mastery and performance of a short group/individual dance.  Dance Theory and Literacy  Reflect on the short dance performance in topic 1.		Dance Performance Mastery of dance technique.  Dance Improvisation and Composition Composition in small groups (3 to 4 dancers/individuals) of a short dance sequence based on a South African picture, photograph or theme.  Dance Theory and Literacy Reflection on own dance experiences.		Dance Performance  Mastery of dance technique in preparation of the Formal Practical Assessment. Mastery and performance of a short group/individual dance.  Dance Improvisation and Composition  Composition in small groups (3 to 4 dancers/individual) of a short dance sequence based on a South African picture, photograph or theme.  Dance Theory and Literacy  Dance theory and dance terminology covered from term 1 to 3 in preparation of Formal Written Assessment.		Practical and Written Formal Assessment: Examination Practical Formal Assessment Individual/Dance group performance – improvisation and composition: Mastery and performance of a short dance sequence based on a South African picture, photograph or theme 25 marks assessed with a rubric Written Formal Assessment (Work from term 3 and 4) Dance Performance Dance Improvisation and Composition
REQUISITE PRE- KNOWLEDGE	Basic and developing Dance tealignment; mastery of dance teal	ry of correct posture and	Dance Theory and Literacy  • Dance conventions						
RESOURCES (OTHER THAN TEXTBOOK) TO ENHANCE LEARNING	Open and adequate classroom space, CD player, interactive whiteboard, data projector, laptop Props, pictures, photographs, stories, poems, anecdotes, one-liners, video clips, appropriate electronic apps, i.e. EdPuzzle, PowToons, Canva, Book Creator, etc.  https://drive.google.com/open?id=11rxJEBmORUqZH7t4iGHjTr8QfYlQ1uOZ Lesson plans: https://bit.ly/3k7IRS2								<ul><li>Terminology</li><li>Elements of dance</li><li>Dance styles</li><li>Dance literacy</li></ul>
INFORMAL ASSESSMENT AND	Continuous informal assessmen	nt through observation, learners' continuo	ous reflection in workbooks	(journals, worksheets, puz	zzles, quizzes, class tests,	etc.) assessed by self, peo	er or teacher		Self-reflection     Cognitive levels:     Lower order: 30%     Middle order: 40%     Higher order: 30%     25 marks assessed with a memorandum
REMEDIATION	Observation, side coaching and direction by teacher to continuously improve technique.  Workbook: Reflect on term 3's final dance performance (movement sequence based on a stimulus) by means of journal/ worksheet	Observation, side coaching and direction by teacher to continuously improve technique  Workbook: Revise dance terminology, techniques and skills from previous terms through mind maps/ worksheets/ diagrams/ questionnaires/ educational games, etc.	Observation, side coaching and direction by teacher to continuously improve technique	Workbook: Reflect on dance performance by means of journal or worksheet	Observation, side coaching and direction by teacher to continuously improve technique  Workbook: Reflect on own dance experience through journal	Observation, side coaching and guidance towards dance performance Peer reflection on dance sequence through worksheet/ questionnaire.	Rehearsal; directing by teacher and peers towards polished dance performance Workbook: Reflection by means of journal on final dance performance	Classroom discussion and critical reflection using dance terminology learnt during the past year	
SBA (FORMAL ASSESSMENT)	Formal Assessment Task: Dance Performance and Written Assessment								