**Lesson Overview**

**Slo-mo Fight Dance**

| **AOLE: Expressive Arts** | | |
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| **4 Purpose: enterprising, creative contributors** | | |
| **WM:** Exploring the expressive arts is essential to developing artistic skills and knowledge and it enables learners to become curious and creative individuals. | | **DL:** I can combine my knowledge, experience and understanding to plan and communicate my creative work for a range of different audiences, purposes and outcomes. |
| **LO:**  I can use what I know about boxing stances and moves to create a series of moves and perform to music in slow motion | | |
| **Intro:**   * Revise work you have done on anatomical drawing and the vintage boxing units as well as any drills that you have done for gym. Use shadow boxing to revise these moves and stances. | | |
| **Main:**   * Work in pairs to devise a series of 4 moves that can be put together in a short fight sequence * Record on a plan if required * share moves, invite constructive criticism * If alls well then extend to 8 moves * Repeat share and critique * Remember this is acting!!!! so no touching * select some slo mo fight music from Spotify or Youtube * perform to the music * film each bout! | | |
| **Plenary:**   * review   Possible extensions  record a commentary over the bouts, using specific boxing terms to describe each move | | |
| **Useful links:**  Anatomical drawing  vintage boxing  Boxing drills (physical) | | |