

## **Sea and Learn – Lesson Plan: Life at Sea**

**Key Stage:** Two

**National Curriculum Links:** 1a, 1b, 4b, 5a, 6a, 6b

**Main Subject Focus:** Physical Education

### **Learning Outcomes:**

Children will:

- Have an understanding of some sailor's duties onboard HMS Victory.
- Be able to choreograph some of these duties into a dance.
- Have opportunities to experiment with a wide range of actions.
- Understand the word 'motif', 'unison', 'canon' & 'repetition' in a dance context.
- Have an opportunity to perform their dance to an audience.
- Be able to describe and interpret dance movements using appropriate vocabulary
- Suggest how dances and performances can be improved, so that they communicate more effectively

### **Resources Required:**

- Whiteboard and pens
- Music with a sea theme
- Warm Up/Down music (if desired)
- Change of kit

### **Lesson Structure:**

1. Make sure you are changed into an appropriate PE kit so that you can take an active role in the lesson.
2. Begin the lesson by discussing the duties a sailor might undertake on-board HMS Victory (See Teacher's Notes). Make a list of keywords on the whiteboard. Remind children about the elements of dance (See Teacher's Notes).
3. Now lead an appropriate warm up. This should include some slow stretching and a cardio work out. Older KS2 children should be able to lead some of this.
4. Once children are warmed up and ready to work, split them into small groups of 4. Give each group one of the listed duties and ask them to create a movement that can be identified with that job. Introduce the idea of a motif (See Teacher's Notes) and that the movement can be exaggerated and may require the children to perform different movements at the same time.

5. Ask each group to show their motif to the rest of the class and get other groups to guess the job it represents. Then get each group to teach the class their motif.
6. Now introduce the ideas of repetition, canon, unison and phrase. (See Teacher's Notes) Tell each group they have to use at least 3 different motifs (phrase) in their sea dance and ask them to try and incorporate repetition, canon and unison into their phrase.
7. Now introduce the music and ask groups to listen before beginning to integrate their motifs into the music. Give children plenty of time for practice and rehearsal so they can refine their dance.
8. When a group is ready, stop everyone and ask them to perform to the rest of the class. Once the dance is finished, ask children to offer their opinions as to how the dance may be improved. Ask them if there were any examples of canon, unison and repetition in the dance.
9. Give children a little more time to complete the rehearsal of their dances, and then get each group to perform. Once again, allow opportunities for opinion and discussion.
10. At the end of the lesson, an appropriate warm down should be taken. This should include some stretching once again and some calm exercises that focus on breathing and relaxing the body, including a slow walk. You may wish to use some calm music at this point.

## **Sea and Learn – Teacher’s Notes (1)**

### **Jobs on-board HMS Victory**

#### MONDAY

The men are to wash their clothes in the morning and drill with the great guns in the afternoon.

#### TUESDAY

In the morning the hammocks are to be scrubbed, Marines to exercise with muskets. In the afternoon the seamen’s’ bedding was to be aired.

#### WEDNESDAY

The boats sails are to be scrubbed, exercise reefing and furling sails. In the afternoon the great guns to be exercised.

#### THURSDAY

The men are to clean themselves and their clothes and be inspected by the Officers. In the afternoon the men will make and mend their clothes.

#### FRIDAY

The men will wash their clothes and the great guns will be exercised both in the morning and afternoon.

#### SATURDAY

The fire pump is to be used to wash down the poop deck. If the weather is dry the lower deck and orlop deck are to be scrubbed.

#### SUNDAY

The men are to draw clean hammocks then to dress in their best clothes to be inspected by their Officers. After this, except for any emergencies, the men would have the rest of the day to themselves.

Every day there were jobs to be done. Cooks of the messes would collect that day’s victuals (food) from the stores which was then prepared ensuring that it arrived in time to be cooked for lunch. Around the ship other tasks would be going on like pumping the water out of the ship’s bilge or washing the overhead beams with vinegar to disinfect the insides of the ship. At 11am (1100) it was compulsory that everyone witness that day’s punishment on the Quarterdeck where a man could be flogged with the cat-of-nine-tails.

*Information from: Peter Green, Admiral Lord Nelson & HMS Victory 2004*

## **Sea and Learn – Teacher’s Notes (2)**

### **Elements of Dance**

Pathways: pattern created by movement

Shadowing: copying movements

Symmetry: balanced

Tempo: speed of movement

### **Glossary of Terms**

Canon: movement repeated exactly, one after another, like a Mexican wave

Motif: a movement that can be exaggerated or developed e.g. with the addition of a jump or turn or a larger than normal movement

Phrase: a series of movements (motifs) linked together.

Repetition: repeating a movement

Unison: everyone performing the same movement at the same time

### **Suggested Music**

A Life on the Ocean Wave – Royal Marines Band