

▶▶ music for KS3/4 dance

A FREE RESOURCE to guide you through the Dancesounds catalogue and identify the relevant CDs for your purposes. This guide will help you make the right choice of CDs for KS3-4. KS4 teachers may also find it useful to refer to our Music for GCSE Dance guide. All CDs are available to purchase on the Dancesounds website at www.dancesounds.co.uk

fresh start, fresh music

▶ Reaching Key Stage 3 marks a whole new era for children. Many will have moved schools, left behind some old friends and find themselves suddenly a little bit more grown up with all the expectations that 'starting big school' brings. Year 7 in particular can be a tricky group for teachers to handle. The majority of the children still retain their vibrant enthusiasm and energy but there is sometimes a noticeable core of children who are starting to be more aware of their own choices and developing their own attitudes towards school, which is not always positive. This can cause an awkward division in the class with some students more willing to learn than others. Dance can often be the subject that unites a class and allows children to let off a bit of steam while working through some of the group tensions.

As the class progresses through KS3, in many

cases there will be a handful of children that pursue dance seriously as a hobby outside of school. These pupils are to be treasured and nurtured as they will always be keen participants in dance class in school and often inspire the other pupils to work harder at performance. They typically emerge as natural leaders in dance class and contribute significantly to choreography tasks with their wider knowledge of dance styles and steps, often 'carrying' less confident pupils along with them.

Bearing in mind all the above, music for dance at KS3 and 4 correspondingly shifts up a gear. When it comes to planning dance lessons for the year ahead, finding some fresh music will be somewhere near the top of the list of things to do. The Dancesounds catalogue is a good place to start, as we have a variety of music suitable for KS3/4.

lesson planning made easy

Volume 9: Ideas for Dance by Paul A. Jackson

This CD was composed with the intention to provide enough music for one full school year of themed dance activities plus warm ups for KS3. There are six tracks for themed dance activities (one for each half term): *Chinese Dragon*, *Family Ties*, *The Balloon*, *Time Machine*, *On the Plains*, and *Buried Treasure* which could be used for cross-curriculum dance projects lasting one half term each. There are two warm up tracks: one upbeat, pop-style called *Wake up and Move!*, which should get a slow Monday morning off to a brighter start, and a *Swing and Sway* track for a more mellow Friday afternoon warm up. *Repercussion*

is an upbeat drum track for travelling sequences which should have them covering some floor space and *Drift Away* is a relaxing cool down to allow their minds and bodies to, well, drift away at the end of a busy creative session.

Volume 5: Dance Drama by Paul A. Jackson

This CD features a unique concept, dreamt up especially for KS3 and 4 groups. It features six narrative tracks for creative work in Dance or Drama: *Spies*, *Wild West*, *Communications*, *Water*, *On the Street* and *Machines*. As Volume 9, each track could be used for a half a term's dance

project. Here comes the special bit: each track is also broken down into distinct themes, which can be played on a loop to accompany students as they develop specific motifs or mime sequences related to the overall theme. So, for example, *Spies* is broken down into *Suspense*, *Surveillance*, and *Secret Movements*. Pupils could either work in small groups on a different section each, or they could all work over a couple of weeks on one section before

moving on to the next. The composite track would then be used in the final couple of weeks of term to bring all the sections together in one finished group dance, incorporating all the motifs developed for each section of that topic. All the tracks, including the loops, are available to hear on our website. This CD also includes three different style warm up tracks: *Funk Shop*, *Swing Out* and *Carnival*, to get them going at the start of class.

independent creative work

▶ Although much of the school year can be planned in advance with two or three topics per term for each class group, there are occasions when KS3 and, more usually, KS4 pupils need to pursue independent choreography tasks, learning to explore and communicate ideas, concepts and emotions through dance under their own steam, either individually or in small groups. We have a number of CDs of narrative-based music to support this.

Volume 3: Stage Dance by Paul A. Jackson

This CD features seventeen tracks for choreography with styles ranging from classical, contemporary, folk to rock 'n' roll. There are many different moods and most of the pieces are titled to suggest a narrative content, but of course matching stimuli or dance ideas to music is always a personal choice. For example, *The Skaters* could be used for a duo or trio about skating, or could be used more generally for a Winter-themed dance. *Romany Night* has a gypsy feel to it and could be used for a lively group dance around a gypsy camp fire, or could just be used for a more general folk style dance. Other tracks include *Follow the Pipe*, which was inspired by the Pied Piper but could be a solo about a court jester perhaps; *Letter Home*, which could be used for a solo exploring the emotions surrounding homesickness, moving away, going to a boarding school and so on, or could be equally suited to an exploration of family

relationships in general. You get the idea. There are other less narrative tracks too, *On Tap* would make a great accompaniment for an end-of-year dance performance piece for a pupil who studies tap dance outside of school; *Revel Rock* is a rock 'n' roll style track for good old-fashioned dance-for-the-sake-of-it; and *Late Lounge* has a late night sound for a sophisticated Year 9 smooth jazz, group showcase. Making use of any of these, and other, dance styles is entirely appropriate at this level and offers wide scope for some varied and exciting dance performances.

Volume 4: Solos and Groups by Paul A. Jackson

This CD was originally created for GCSE, and is widely used for the choreography element of that exam, but we have learnt through feedback that many teachers find this equally suitable for KS3 and 4. It comprises 17 original tracks on a variety of themes, styles and dynamics and we understand that younger students love the mix of moods and rhythms which can be used for creative work and warm ups across the board.

K'nama and More of that Ilk by R. E. Good

Two CDs suitable for choreography and creative work in schools at KS3/4 level. The first CD, **K'nama**, features a range of time signatures and moods including ethereal, funky, jazz, spoken, percussion and

others. Durations range from 1:27 to 4:48 minutes and there is one extended track over five minutes. Some pieces feature change in time signature. This CD has a good variety of styles which are well suited to this level and a handful of tracks are suitable for some GCSE students. The second CD, **More of That ilk** comprises 22 short tracks with a mix of styles, tunes and themes such as circus, skeletal, and light rock for example, which are suitable for KS3; other more sophisticated tracks featuring a change in dynamic would be suitable for GCSE exam work. All tracks are three minutes or less. A useful companion pair for your dance music library at this level.

Dance Notes Volumes 1 to 6 by Brian Madigan

Another useful series for KS3/4, this set of six CDs from Brian Madigan features a spectrum of moods and dynamics. Plenty of choice of styles and atmospheres: for example, **Dance Notes Volume 2** features tribal, oriental, ritualistic, eerie, minimal, funky and mysterious, and, another example, the first half of **Volume 4** explore emotions. Other imaginative dance ideas from across the board include *Medieval*, *The Tomb*, *Cops and Robbers*, *Rainy Day*, *Outer Space*, *The Chase*, *Silent Movies*, and *Busy Office*. All in all, a very good selection of ideas and themes for KS3/4 and a handy series to have.

special offer Dancesounds Volumes 3,4,5 and 9 are available at a special discount price when purchased together. Please quote **KS3/4 Starter Set** on your order form or see our Special Offers page on the website www.dancesounds.co.uk/specialoffers.htm for other deals.

inspired warm ups

▷ Dance as part of the Physical Education curriculum at KS3/4 is all about promoting healthy, active lifestyles, and getting children regularly involved in moving their bodies. Turning on their minds to physical activity as an essential part of everyday life will benefit them for the whole of their lives. For children to get the most out of dance they need inspiring music that really makes them want to get up and move. In addition to the warm up tracks mentioned on the CDs above, we also recommend the following:

Volume 6: Percussion by Paul A. Jackson

A funky and upbeat selection of tracks which are great for getting students moving across the floor. Includes a variety of percussion, time signatures and beats, and sounds ranging from 'found' sounds and body percussion to traditional percussion instruments. A good CD to wake them up in the morning, or get them going after lunch!

Music for Contemporary Class CD 1: Floor/Centre and CD 2: Travelling Steps by Philip Taylor.

Another useful companion pair of CDs for class at this level, featuring clean rhythms and mix of percussion and simple melodies. CD 1 includes multiple tracks for bounces, footwork, floor combinations, plies, swings and jumps and CD 2 concentrates on triplets, travelling and wind down.

▷ Please bear in mind that this list of music for KS3/4 is not exhaustive, we have other CDs which you may find parts or all are suitable for creative work at this level. We just picked out a selection to get you started; now it's over to you to explore the rest of the catalogue. Always get in touch if you have a specific idea of the sort of music you are after and we will do our best to track down just the right piece for you, whether it's for class, creative work or a show. After, all, we're here so you can spend more time teaching! ■