



Street Dance

Scheme of Work

Level 1 – Grade 1 – Locking

This document is intended as guidance for delivering the Street Dance syllabus.

It is **not** an RSL requirement that you follow this scheme of work.

This scheme of work is based on the following:

- 10 x 1 hour sessions
- All candidates at **same grade**
- All candidates demonstrating the **same** street dance style

Please note:

- It is the responsibility of the teacher to select the most appropriate grade, music tracks, performance choreography and teaching/learning hours required for students in their unique class/school
- This scheme of work **must** be adapted accordingly depending on factors such as the number of candidates, grades and styles in each group as well as the teaching/learning hours available. Eg, this scheme of work covers the technical moves for Locking. If the teacher/candidate selects House or Breaking, the technical moves listed in this scheme of work will need to be substituted for the equivalent technical moves for each of those styles. This may require musical tracks more suitable to the chosen style.
- The duration of each activity is intended as a guide; you can allocate more or less time for each activity to suit the needs of your students.



Learning Outcomes 1 and 2

Activity		Repertoire	Notes	Duration	Relevant assessment criteria	
LESSON 1	Warm up	Cardio and stretch	Street Dance Suggested Tracks - Grade 1	Focus on cardio, flexibility, coordination, balance, isolations and strengthening floor work using fun and upbeat dance steps and music.	10 minutes	
	Briefing	Explain learning outcomes and outline content (what you will cover this term)	Street Dance Syllabus	Use relevant and appropriate language as provided in the syllabus.	5 minutes	
	Technical skills	Demonstrate Rock Steady	Street Dance Video on RSL website	Drilling. Repetition of technical skill to consolidate learning. Ensure you use correct vocabulary so that candidates learn the names of the moves.	10 minutes	1.1 1.2 2.1 2.2
	Performance routine	Demonstrate choreography for section 1 of your chosen track	Street Dance Suggested Tracks - Grade 1	Your chosen music will indicate the style, pace, rhythm and storytelling within the performance. When choosing suitable music, the bpm is important to consider.	25 minutes	3.1 3.2
	Cool down	Stretch	Street Dance Suggested Tracks - Grade 1		5 minutes	



Contingency	Learn about Don Campbell, the creator of Locking.		If you select House or Breaking, amend the activity accordingly.	-	
Set Homework	Use videos on website to practise Rock Steady and look at Point for next week.	Street Dance Video on RSL website		5 minutes	



Learning Outcomes 1 and 2

Learning Outcomes 1 and 2					
Activity		Repertoire	Notes	Duration	Relevant assessment criteria
LESSON 2	Warm up	Cardio and stretch	Street Dance Suggested Tracks - Grade 1	10 minutes	
	Technical skills	Demonstrate Point	Street Dance Video on RSL website	5 minutes	1.1 1.2 2.1 2.2
		Recap Rock Steady and Point one at a time and then try linking them		10 minutes	
	Performance routine	Demonstrate choreography for section 2 of your chosen track and recap section 1.	Street Dance Suggested Tracks - Grade 1	25 minutes	3.1 3.2
	Cool down	Stretch	Street Dance Suggested Tracks - Grade 1	5 minutes	



Contingency	Learn about Don Campbell, the creator of Locking.			-	
Set Homework	Use videos on website to practise Rock steady and Point and look at Lock (Muscle Man) for next week.	Street Dance Video on RSL website		5 minutes	



Learning Outcomes 1 and 2

Learning Outcomes 1 and 2					
Activity		Repertoire	Notes	Duration	Relevant assessment criteria
LESSON 3	Warm up	Cardio and stretch	Street Dance Suggested Tracks - Grade 1	10 minutes	
	Technical skills	Demonstrate Lock (Muscle Man)	Street Dance Video on RSL website	5 minutes	1.1 1.2 2.1 2.2
		Recap Rock Steady Point and Lock (Muscle Man) one at a time. Explore linking them in any order		15 minutes	
	Performance routine	Demonstrate choreography for section 3 of your chosen track and recap section 1 and 2.	Street Dance Suggested Tracks - Grade 1	25 minutes	3.1 3.2
	Cool down	Stretch	Street Dance Suggested Tracks - Grade 1	4 minutes	



Contingency	Learn about Don Campbell, the creator of Locking.			-	
Set Homework	Use videos on website to practise Rock steady, Point, Lock (Muscle Man) and look at Lock (Variation) for next week.	Street Dance Video on RSL website		1 minute	



Learning Outcomes 1, 2 and 3

Activity		Repertoire	Notes	Duration	Relevant assessment criteria	
LESSON 4	Warm up	Cardio and stretch	Street Dance Suggested Tracks - Grade 1	10 minutes		
	Technical skills	Demonstrate Lock (Variation)	Street Dance Video on RSL website	5 minutes	1.1 1.2 2.1 2.2	
		Recap Rock Steady, Point, Lock (Muscle Man) and Lock (Variation) one at a time. Explore linking them in any order		15 minutes		
	Performance routine	Recap all choreography covered so far. Spilt into partners/teams and practise choreography in front of peer audiences.	Street Dance Suggested Tracks - Grade 1	Build a supportive culture by encouraging candidates to whoop and cheer for their partner as they dance to build confidence.	25 minutes	3.1 3.2
	Cool down	Stretch	Street Dance Suggested Tracks - Grade 1	4 minutes		



Contingency	Learn about other lockers for example Jimmy "Scoo B Doo" Foster and Gregory "Campbellock Jr." Pope			-	
Set Homework	Use videos on website to practise all technical moves.	Street Dance Video on RSL website		1 minute	



Learning Outcomes 1, 2 and 3

Activity		Repertoire	Notes	Duration	Relevant assessment criteria	
LESSON 5	Warm up	Cardio and stretch	Street Dance Suggested Tracks - Grade 1	10 minutes		
	Technical skills	Demonstrate Pace	Street Dance Video on RSL website	5 minutes	1.1 1.2 2.1 2.2	
		Recap Rock Steady, Point, Lock (Muscle Man), Lock (Variation) and Pace one at a time. Explore linking them in any order		15 minutes		
	Performance routine	Demonstrate choreography for final section and any linking passages and recap all previous choreography.	Street Dance Suggested Tracks - Grade 1	Choreography must display good timing and rhythm as a group and can include formations for a creative performance.	25 minutes	3.1 3.2
	Cool down	Stretch	Street Dance Suggested Tracks - Grade 1	4 minutes		

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Contingency	Learn about Tony "GoGo" Lewis and Fred "Mr Penguin" Berry (a.k.a. Rerun)			-	
Set Homework	Use videos on website to practise all technical moves.	Street Dance Video on RSL website		1 minute	

Learning Outcomes 1, 2 and 3

Activity		Repertoire	Notes	Duration	Relevant assessment criteria
Warm up	Cardio and stretch	Street Dance Suggested Tracks - Grade 1	Run this straight into technical moves for an extended warm up	10 minutes	
Technical skills	Run through all technical exercises one move at a time and as a combination.	Street Dance Video on RSL website	These can immediately follow the warm up	10 minutes	1.1 1.2 2.1 2.2
Performance routine	Develop whole group routine	Street Dance Suggested Tracks - Grade 1	Finalise formations and focus on travelling into formations smoothly and without bumping into other dancers.	35 minutes	3.1
Cool down	Stretch	Street Dance Suggested Tracks - Grade 1		4 minutes	
Contingency	Lear about Leo "Fluky Luke" Williamson and Damita Jo Freeman			-	
Set Homework	Use videos on website to practise all technical moves.	Street Dance Video on RSL website		1 minute	



Learning Outcomes 1, 2 and 3

Activity		Repertoire	Notes	Duration	Relevant assessment criteria	
LESSON 7	Warm up	Cardio and stretch	Street Dance Suggested Tracks - Grade 1	Run this straight into technical moves for an extended warm up	10 minutes	
	Technical skills	Run through all technical exercises one move at a time and as a combination.	Street Dance Video on RSL website	Partner work can be included to introduce audience element and for peer to peer learning.	10 minutes	1.1 1.2 2.1 2.2
	Performance routine	Recap routine	Street Dance Suggested Tracks - Grade 1	If your facilities have a mirrored studio have your class perform to the mirror and away from the mirror to help improve memory, performance and confidence.	35 minutes	3.1 3.2
	Cool down	Stretch	Street Dance Suggested Tracks - Grade 1		4 minutes	
	Contingency	Quiet time to practise exam content			-	

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Set Homework	Use videos on website to practise all technical moves.	Street Dance Video on RSL website		1 minute	
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Learning Outcomes 1, 2 and 3

Learning Outcomes 1, 2 and 3						
Activity		Repertoire	Notes	Duration	Relevant assessment criteria	
LESSON 8	Warm up	Cardio and stretch	Street Dance Suggested Tracks - Grade 1	Run this straight into technical moves for an extended warm up	10 minutes	
	Technical skills	Run through all technical exercises one move at a time and as a combination.	Street Dance Video on RSL website		10 minutes	1.1 1.2 2.1 2.2
	Briefing	Watch film back and have group discussion and notes.		Keep feedback constructive and encourage any individual development	15 minutes	
	Performance routine	Recap routine	Street Dance Suggested Tracks - Grade 1	Face mirror to address any areas of improvement highlighted in the notes.	20 minutes	3.1 3.2
	Cool down	Stretch	Street Dance Suggested Tracks - Grade 1		4 minutes	



Contingency	Quiet time to practise exam content				
Set Homework	Practise all exam material	Street Dance Video on RSL website		1 minute	



Learning Outcomes 1, 2 and 3

Activity		Repertoire	Notes	Duration	Relevant assessment criteria
Warm up	Cardio and stretch	Street Dance Suggested Tracks - Grade 1	Run this straight into technical moves for an extended warm up	10 minutes	
Technical skills	Run through all technical exercises one move at a time and as a combination.	Street Dance Video on RSL website		10 minutes	1.1 1.2 2.1 2.2
Performance routine	Final rehearsal of whole group routine	Street Dance Suggested Tracks - Grade 1	Face away from the mirror	35 minutes	3.1 3.2
Cool down	Stretch	Street Dance Suggested Tracks - Grade 1		4 minute	
Contingency	Quiet time to practise exam content			-	
Set Homework	Practise all exam material.	Street Dance Video on RSL website		1 minute	



Learning Outcomes 1, 2 and 3

Activity		Repertoire	Notes	Duration	Relevant assessment criteria
LESSON 10 – Mock Exam Day	Warm up	Cardio and stretch	Street Dance Suggested Tracks - Grade 1	10 minutes	
	Exam conditions - Technical skills	Call out technical moves using correct vocabulary one at a time and students	Street Dance Video on RSL website	15 minutes	1.1 1.2 2.1 2.2
	Exam conditions - Performance routine	Learners perform their full routine of between 1 minute 30 seconds and 2 minutes 30 seconds.	Street Dance Suggested Tracks - Grade 1	5 minutes	3.1 3.2
	Feedback and rehearsal	Give constructive feedback and repeat parts of the technical skills, routine or the full routine as necessary.		25 minutes	
	Cool down	Stretch	Street Dance Suggested Tracks - Grade 1	4 minutes	



De-brief and set Homework	Practise all exam material to stay fresh for exam.	Street Dance Video on RSL website	Recap how the exam day will run, arrival times, appropriate clothing etc.	1 minute	
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Learning Outcomes 1, 2 and 3

Learning Outcomes 1, 2 and 3						
Activity		Repertoire	Notes	Duration	Relevant assessment criteria	
Exam Day	Warm up	Cardio and stretch	Street Dance Suggested Tracks - Grade 1	Encourage learners to stretch before class if possible. Use a different room if necessary.	10 minutes	
	Final rehearsal	Call out technical moves using correct vocabulary one at a time and students	Street Dance Video on RSL website	Use a different room if necessary	Approximately 25 minutes	1.1 1.2 2.1 2.2
	Exam	Learners perform their full routine of between 1 minute 30 seconds and 2 minutes 30 seconds.	Street Dance Suggested Tracks - Grade 1		Approximately 25 minutes	3.1 3.2
	Cool down	Stretch	Street Dance Suggested Tracks - Grade 1	Use a different room if necessary	5 minutes	

Please note: The exam ay timings will exceed an hour. You will need to adjust normal class timetable specifically for the exam day.