

## Unit 2: Syvspring Denmark

**LEARNING  
OUTCOMES****The student will:**

- become aware of a simple rhythmic structure
- become aware of level changes within folk dance
- perform a simple skipping step
- maintain balance while changing level.

**RESOURCES**

Tape/CD deck, appropriate music—Syvspring Tempo 1 and/or Syvspring Tempo 2

**CLASS ORGANISATION**

Formation: large circle: alternate boys and girls.

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
Warm up		<ol style="list-style-type: none"> <li>1. Select a skipping step skip forwards, backwards, sideways.</li> <li>2. Point right foot, point left foot. Repeat 1 and 2.</li> </ol>	
Development		<ol style="list-style-type: none"> <li>1. Skip clockwise for 16 bars.</li> <li>2. Walk back for 16.</li> <li>3. Point right foot. Repeat 1 and 2.</li> <li>4. Point right foot/left foot. Repeat 1/2.</li> <li>5. Point right foot/left foot / kneel right knee. Repeat 1 and 2.</li> <li>6. Point right foot/left foot / kneel right knee / left knee. Repeat 1 and 2.</li> <li>7. Point right foot / left foot / kneel right knee / left knee / right elbow on ground. Repeat 1 and 2.</li> <li>8. Point right foot / left foot / kneel right knee / left knee / right elbow / left elbow on ground. Repeat 1 and 2.</li> <li>9. Point right foot / left foot / kneel right knee / left knee / right elbow / left elbow on ground / forehead on ground. Repeat 1 and 2.</li> <li>10. Point right foot / left foot / kneel right knee / left knee / right elbow / left elbow on ground / forehead on ground.</li> <li>11. All rise to knees and raise hand to ceiling and shout "Scholl".</li> </ol>	<ul style="list-style-type: none"> <li>• Isolate components of dance &amp; teach separately.</li> <li>• Work without music before introducing the dance formation.</li> </ul> <p>Syphspring Tempo 1 is at a slower tempo (beat) and phrase A has 8 skips and 8 walks with 3 beat introduction to start of beat. Syphspring Tempo 2 is quicker beat and phrase A has 16 skips and 16 walks with 'no' introduction e.g. 'and' skip.</p>
Conclusion		<p><b>Two Circles</b> Walk in opposite directions for 16 counts. Perform a stretching exercise with a partner. Repeat x 8 x 4 x 2 counts.</p>	Teacher provides 4 stretching exercises.