

The **Key Stage 3** resource focuses on Contact work and guides teachers and students through a series of tasks to develop contact work with the floor and a partner. Tasks include lifting, counterbalance and travelling floor based movement with clear links to and examples of the Company's repertoire. Students also have the opportunity to assemble tasks learned to create their own short piece of choreography. This resource develops teamwork, trust, problem solving, the ability to work independently and in pairs and promotes healthy and safe physical contact between both male and female pupils.

KS3: Aligns with KS3 PE Objectives:

- Develop technique and improve performance
- Perform dances using advanced techniques within a range of dance styles and forms
- Build trust and problem solve both individually and as a group
- Analyze performances compared to the previous ones