

PE and Dance- Hopak

L1: To learn moves of a traditional dance

Hopak or Cossack is a Russian and Ukrainian folk dance originating as a male dance among the Zaporozhian Cossacks but later danced by couples, male soloists, and mixed groups of dancers.

It is performed most often as a solitary concert dance by amateur and professional dance groups, as well as other performers of folk dances, but it has also been incorporated into larger events such as operas, ballets and theatre.

The Hopak is often popularly referred to as the "National Dance of Ukraine" and has become very popular among Slavic countries, in particular Russia, Belarus and Poland.

These dancers are incredible: their leg strength, agility and gymnastics are superb and take years of practice. This is what you could end up like if you train for years.

<https://www.youtube.com/watch?v=Q-Y7oKPdV70>

These are some of the moves we are going to try today. The boys are Ukrainian, not Russian, but the dance is similar in both countries.

<https://www.youtube.com/watch?v=p7gDS7dT8pQ>



Task

Choose a move or a couple of moves, from the second video that you want to try. Practice and film yourself performing.

The music deliberately gets faster and faster to test the dancers abilities to perform the moves quickly and accurately again and again.



History - Catherine the Great

LI: To research Catherine the Great

Watch the videos in the links below and fill in the fact file about Catherine the Great. The grammar and spoken English of the second video is not perfect but I wanted to use a Russian's point of view. <https://www.youtube.com/watch?v=UDRUuhLGpil>

<https://www.youtube.com/watch?v=MMUSmUBYtrE>



Fact File

Full Name: _____

Date of Birth: _____

Place of Birth: _____

Famous for: _____

Who were they? _____

Their life: _____

A large empty rectangular box for additional notes or a drawing.