

# Dance

## PE skills for this unit

### Age Related Expectations:

- Copies and explores basic movements with clear control.
- Varies levels and speed in sequence
- Can vary the size of their body shapes
- Add change of direction to a sequence
- Uses space well and negotiates space clearly.
- Can describe a short dance using appropriate vocabulary.
- Responds imaginatively to stimuli.
- Watch others perform and describe what they see (what they like / don't like).
- Compare feelings and emotions different movements and speeds are creating.
- Know what heart rate, breathing rate and body temperature mean

### Knowledge for this unit

- Know about how to keep themselves safe when moving their bodies in a group
- Know that dance styles have similarities and differences and begin to explain similarities and differences in style
- Know about how to perform in front of an audience.
- Be able to assess risk and act accordingly
- Listen to the beat in music and move in time to it

### Previous learning:

- Copies and explores basic movements and body patterns
- Remembers simple movements and dance steps
- Links movements to sounds and music.
- Responds to range of stimuli.
- Come up with and demonstrate ways of using their body to represent animal movements.
- Know that their breathing rate increases during exercise.
- Describe how dance makes them feel.
- Perform a short routine in small groups.

### Vocabulary

- **Mood** – how the music makes you feel?
- **Strength** – how your body needs to be strong and certain positions need to hold strength.
- **Spatial awareness**- understanding the space around you.
- **Flow**- how the moves need to follow one and other and fit together to make the piece of dance connect.
- **Formations**- the set position as a group that creates a shape or set piece on stage.