



Key vocabulary:

Warm up- To prepare the body for physical activity by warming up the body and decrease the risk of injury.

Cool down- To slow the body down and return the body to pre-physical activity temperature.

Direction - forward, backwards, up, down, diagonal.

Pathways - patterns we make as we move across the floor: straight, curved. **TIME** - the relationship of one movement to another. **Rhythm** - a pattern of beats.

Movement – Either from one body part to another or moving around the room.

Dance



Key Questions:

Travel	How many ways can you travel around the room?
Mirror	Are you able to copy your partner?
Move at different speeds	Can you move slowly, quickly?
Responding to music	Can you show me a pointy shape?

PE Values:

Dance value: Determination



The children will be able to:

Travel in different ways

Handle equipment with control

Move at varying speeds

Mirror another person's movements

Move different parts of your body

Perform dances using simple movement

Make different shapes using our bodies

Key questions:

How does ... make you feel?

What colour does ... make you feel? Why?

What impact does... have on your mental health?