

**At the end of this unit, I will know how:**

To use simple choreographic principles to create motifs and narrative.
To perform more complex dances that communicate character and narrative.
To describe, interpret and evaluate their own and others' dances, taking account of character and narrative.

Skills

Call and response – performing something in response to another movement/performer.

Repetition – motifs are repeated.

Motif – a movement, gesture, or short movement phrase.

Unison – when dancers in a group complete the same movement at the same time.

Canon – movements completed by one dancer are repeated by others in the group one by one.

Levels – high, medium and low.
Low relates to floor work.

Dynamic – how a movement is performed e.g. robotically or softly.

Formation – where dancers are in relation to each other.

Improvisation – creating movement through stimuli such as music.

**Key questions**

1. Why is it important to warm up?
2. How is dance formed?

How do Vikings move?
How would you represent sailing a Long Ship?

Healthy Lifestyle

To understand the importance of a healthy active lifestyle by observing the effects on the body and how we feel after exercising e.g. what happens to our heart rate?

Formations of dance

Dance is formed through synchronising movements (linking together). It can be completed individually or as a group. Dance is a powerful form expression. Dancers portray characters and emotions through their movements.

Basic body movements

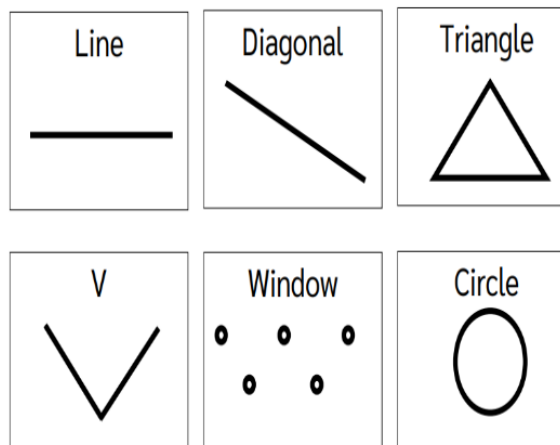
Basic body actions are the foundations that help make up the movements of a dance routine. These include step, gesture, travel, stillness, jump and turn. By putting these together, in whatever order you choose to make it flow, you can create a simple dance routine very easily.

Trigger

Knowing the trigger is important in both individual and group dances. A trigger can be a specific part of the music, someone else's specific movement which indicates the beginning of your movements. Picking out specific parts as a trigger helps remember the routine.

Key vocabulary:

Balance	Being able to keep a stable body (without wobbling or falling) over a base of support (Eg, Hands or feet)
Body Awareness	Understanding how your body is moving in time to the music, without having to look in a mirror.
Control	The power to direct your body and body parts to master dance moves
Co-ordination	Being able to move different body parts at the same time.
Dynamics	Being able to change your body moves. Eg, fast, slow, jerky, smooth etc.
Facial Expression	Being able to show a story through the using your face.
Spatial Awareness	Using the correct amount of space when performing. This links to the safety aspect of the sport.

**Dance Actions**