

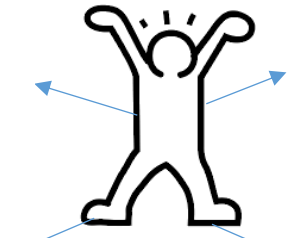


Dance

Dance is good for your body because...

You can keep fit and healthy

You can build your confidence



You can be creative

You can express your feelings and emotions

Key Vocabulary and Skills:

Routine	The children will be creating dance routines based on a short sequence of movements and patterns. The children will be creating these routines individually or as a pair or group.
Performing	The children will perform their dance routines to the class or small groups to build their confidence.
Movement	The children will be looking at different ways of moving. They will explore travelling in straight curved, spiral and zigzag pathways.
Dynamics-Speed	The children will change the speed of their movements in response to the music. They will be looking at fast and slow movements, as well as gradually increasing or decreasing their speed during their dance.
Rhythm	The children will be using music or sounds to help them develop different movements in response to the music. They will be using the music to help them stay in time in counts of 8.
Levels	The children will look at how they can change their levels, by looking at high, medium and low movements and shapes.
Body shapes	The children will be looking at how they can change the shape and size of their body when they are dancing. The children will also explore stretching, twisting as well as making tall, wide and small shapes with their bodies.

The Language of Dance



Travelling

Run, creep, crawl, slide



Turning

Spin, roll, rotate, pivot



Gesture

Shrug, nod, point, wave



Stillness

Pause, suspend, hold balance



Jumping

Hop, leap, spring, skip

The children should be trying hard to show the games values in their PE sessions.

The value we will be focusing on this term is Self-Belief!

