



PE Year One/Two (Cycle B) – Dance

Key Skills

- Recognise how our body feels when still and when exercising.
- Explore basic body actions.
- Watch performances and say why we like / dislike it.
- Move our bodies in different ways, thinking about the space around us.
- Create a short group dance that shows a mood or feeling that we can perform to in front of an audience.



Vocabulary

Feedback	Finding out from someone else what they think about your dance/action.
Repeating	Doing the same movements over again.
Body actions	Body movements in time to the music.
Mirroring	To copy the movements of your partner/someone else, matching what they do.
Rhythm	It is the beat in music (songs) that you would naturally clap along to, or tap your foot to
Making sequences	To put actions together.



Key Knowledge

- To know that Dance is a form of exercise.
- To know there are many different types of Dance.
- To use counts of 8's to keep ourselves in time to the music.

Keeping yourself SAFE

- Spread out into your own space and know what is around you.
- Warm up properly including stretching your muscles.
- Make sure jumpers, water bottles are kept away from the space around you.