



PE Year One/Two (Cycle A) - Dance

Key Skills

- Explore basic body actions^[SEP]
- Explore movement skills and create movement patterns in response to stimuli^[SEP]
- Respond to different stimuli, copy and explore basic body actions and movement patterns.
- Recognise how their body feels when still and when exercising.
- Observe performances and say why they like / dislike it^[SEP]
- Create, practice and repeat their own movement phrases with a beginning, middle and end.

Recognise the need for warm up and cool down^[SEP]

Discuss why they like a performance and suggest improvements

Create short dance phrases that express an idea, mood or feeling, with control, coordination and spatial awareness^[SEP]

Evaluate dance phrases with emphasis on their feelings^[SEP]

Communicate different moods, feelings and ideas through dance with an awareness of the expressive qualities of dance^[SEP]

Create, repeat and perform short dances from a prompt^[SEP]

Discuss different stimuli and explore ideas, moods and feelings to extend their movement phrases .

Sticky Knowledge

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

Vocabulary

Feedback	Finding out from someone else what they think about your dance/action.
Repeating	Doing the same movements over again.
Unison	To dance together, creating a joint effect on those watching.
Mirroring	To copy the movements of your partner/someone else, matching what they do.



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 well away from the space you are working in.