

Year 1
Real P.E. Dance

Year 2
Real P.E. Dance



Year 3- P.E.

Dance



Links to previous learning

Key Skills

To begin to improvise with a partner to create a simple dance.

To begin to vary dynamics, levels, speed & direction

To discuss my own & others performance with simple vocabulary.

To begin to create, share and remember motifs with a partner to make up a dance routine.

Key Knowledge

DIRECTIONS

Examples - upwards
- downwards
- forwards
- backwards

PATHWAYS

Examples - straight lines
- curved
- spiral
- zigzag

BODY SHAPE and SIZE

Examples - stretched
- twisted
- large
- small

LEVELS

Examples - high
- medium
- low

ACTIONS

TRAVELLING run, creep, crawl, slide

TURN spin, roll rotate, pivot

GESTURE shrug, nod, point, wave (no weight transference)

STILLNESS pause, suspend, hold balance

DYNAMICS

SPEED (time) fast, slow
gradually increase/decrease
hurried
leisurely

WEIGHT (energy) strong/powerful
light/gentle/delicate
controlled and steady
wild and free

FLOW (continuity) Stoppable, free-flowing
Rhythmical, sharp, sudden

Combinations of dynamics when performing an action/s, e.g. slow and strong, fast and light.

Subject Vocabulary

Acceleration	Speeding up the movement.
Warm up	Prepare for exercising by stretching muscles and doing light exercise.
Cool down	To exercise gently after period of strenuous exercise.
Coordination	The ability to use different parts of the body together.
Flexibility	The range of movement in the joints
Dynamic(s)	The qualities of movement based upon changes in speed, strength and flow.
Level	Height from the ground: low, medium or high.
Speed	The rate at which someone or something moves.
Direction	The facing of a movement.
Motif	A movement, short movement phrase or gesture which could be included in the dance.

General Vocabulary

Cooperate	To work with other people to achieve a goal.
Coordinate	To match parts together effectively. E.g to match music to a dance.
Participate	To be involved in or take part in something.
Sequence	A set of related movements that follow each other in a particular order.
Technique	The way of carrying out a particular task.

