



Physical Education | Dance | Year 4

Prior Learning and Learning Links

Year 1 and 2 dance units

Key Knowledge

Dance is usually performed with music (Dance can be performed without music)

There are many different types of Dance.

Dance is a performing art form selecting a sequence of movements for the body to do.

Dance is about expressing yourself through movement.

Sporting Hero

Ashley Banjo (born 4 October 1988), is an English street dancer, choreographer and actor. He is the leader of dance troupe Diversity who won the third series of Britain's Got Talent. Banjo was a judge on the Sky1 talent show Got to Dance and co-presenter of the Saturday night BBC game show Can't Touch This. Ashley has been a judge on the ITV show Britain's Got Talent since September 2020.



Key Skills

Ensuring dance moves are in time.

Rhythm when performing dance moves.

Show good posture to suit the type of dance being performed.

Strong expression to suit the type of dance.

Good balance when performing dance moves.

Memory is used in dance to remember which steps come next in the sequence.

Key Vocabulary

Mirroring: copying the same dance moves as somebody else keeping in time.

Speed: the pace in which the dance is being done (most dances change pace within the performance).

Matching: when performing a group dance for dance moves to look the same when being performed.

Expression: to help create the mood and show it in your dancing.

Movement: particular style or manner of moving.

Development: when creating a dance or a move then progressing it making it more interesting.

Choreographed: compose the sequence and steps to create a dance.

