

Prior learning:

- I will be able to copy the movements my partner makes, changing when moving quickly or slowly.
- I can show how I might stretch and uncurl with a still end position with a clear start and finish to my dance.
- I can describe how my body could move if it was changing from a sharp shape to a soft melting shape.
- I can begin to comment on a shape which is strong and clear within a group.
- I can explain why it is important to have bare feet for some dance activities.

What will I learn by the end of the topic?

- I can create a short sequence of movements which can be repeated or taught to a partner, e.g. stretch, roll, turn, make shapes or actions with their body to show feeling.
- I can put together a sequence which moves from the floor to a tall stretch making movements strong and sudden.
- I can describe the shapes used in my own dance and compare them with the shapes in other dances.
- I understand that moving silently is important to raising the quality of my performance.
- I can describe how my muscles feel after holding a shape.
- I am aware of others working in the space around me

Key Vocabulary:

Dance	A complete rotation of the body in a forward motion with the hips passing over the head.
Body shape	Movement and shapes which convey meaning including shapes with straight lines and angles.
Action/movement	An action is any human movement including in the act of dancing, it can include dance steps, facial movements, partner lifts or gestures.
Turns	A rotation of the body.
Sequence	Patterns of movements are followed on from one another that flow
Performance	The action or process of performing the dance to an audience
Rhythm	Is the pattern of regular or irregular pulses caused in music
Travelling	Moving in a variety of ways and directions
Levels	Working at different heights (low, middle and high)

Movement in action

Balance



Movement



Body shape



Levels



Styles of dance

Ballet- This dance style is over 500 years old and it is all about telling a story through dance and music. A famous ballet move is going onto pointed toes; this is where the shoes allow dancers to go onto the very tip of their toes which creates a sense of light and airiness.



Hip Hop/ Street- This is a very quick style of dance which requires music with a heavy beat, dancers move around quickly creating moves on the floor and tricks such as head spins and flips. This style has derived from a variety of other dance styles yet only became popular in the early 90's.

Modern- This is dance that follows no rules and is focused on expressing inner feelings through music and movement. This style of dance was created in a rebellion against classical ballet due to the limitations. Modern dance became famous in the 1900's. Modern dancers usually dance barefooted and wear weird/revealing costumes which also tell a story.



Cultural- Cultural dances are those that originate from a certain country, culture or religion and these are very famous within that culture. For example, Irish dancing originates from Ireland, Bollywood originates from India and Rock n Roll originates from America.



Jazz - This style uses bold and dramatic movements and a lot of facial expression, it is very energetic and is seen as a fun style to dance to. Jazz dancers are encouraged to create their own moves and to interpret every move to suit their own personality and expression.