

Prior learning:

- I can create three movements showing change in speed and level, direction and expression.
- I can develop a phrase of movement by repeating an action and adding linking movements.
- I can watch my own dance on video and observe how fidgeting can affect the quality of my performances
- I can use this understanding to improve my own performance.
- I can explain why it is important to warm up my whole body, particularly my feet
- I can give reasons why physical activity is good for your health
- Movement in action I can create a performance that has a beginning, middle and end

What will I learn by the end of the topic?

- I can create a group dance showing a moment of cannon, where each pupil uses the same movement, on after another.
- I can use direction to move away and towards a partner.
- I can use different patterns to move such as circling, weaving or straight.
- I can use points of contact such as hands, back, hip to create safe balance and supports through improvisation.
- I can teach a friend or group a phrase.
- I can observe how good dancers use their eyes to focus on, either a point in space or a body part to improve performance.
- I can improve my performance by performing silently with greater concentration and clear focus.
- I can explain why warming up my feet and knees before jumping is important.
- I can describe how dance generates warmth in the muscles and why perspiring occurs

Key Vocabulary:

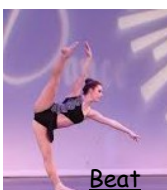
Dance	A complete rotation of the body in a forward motion with the hips passing over the head.
Body shape	Movement and shapes which convey meaning including shapes with straight lines and angles.
Action/movement	An action including include dance steps, facial movements, partner lifts or gestures.
Sequence	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
Beat	Is the basic unity used to measure time in both the choreographic and musical language. When dancing, beats are what we count
Mirroring	Performing actions, movements and shapes opposite with a mirror effect
Audience	A group of people watching the performance
Flexibility	Refers to the range of movement in a joint or series of joints, and length in muscles that cross the joints to induce a bending movement or motion.
Control	Means your body is doing what your mind wants it to
Cannon	Performing actions, shapes or movements one after another
Unison	Performing actions, shapes or movements one after another
Motif	A simple movement pattern which is composed and remembered by the dancer
Awareness	Being aware of your own body and the interests of the audience
Timing	Moving to the beat of the music

Movements in action

Mirroring



Flexibility



Balance



Movement



Levels



Body shape



Control



Prior learning:

- I can create a group dance showing a moment of canon, where each pupil uses the same movement, on after another.
- I can use direction to move away and towards a partner.
- I can use different patterns to move such as circling, weaving or straight.
- I can use points of contact such as hands, back, hip to create safe balance and supports through improvisation.
- I can teach a friend or group a phrase.
- I can observe how good dancers use their eyes to focus on, either a point in space or a body part to improve performance.
- I can improve my performance by performing silently with greater concentration and clear focus.
- I can explain why warming up my feet and knees before jumping is important.
- I can describe how dance generates warmth in the muscles and why perspiring occurs

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 including include dance steps, facial movements, partner lifts or gestures.
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
Beat	Is the basic unity used to measure time in both the choreographic and musical language. When dancing, beats are what we count
Mirroring	Performing actions, movements and shapes opposite with a mirror effect
Audience	A group of people watching the performance
Flexibility	Refers to the range of movement in a joint or series of joints, and length in muscles that cross the joints to induce a bending movement or motion.
Control	Means your body is doing what your mind wants it to
Canon	Performing actions, shapes or movements one after another
Unison	Performing actions, shapes or movements one after another
Motif	A simple movement pattern which is composed and remembered by the dancer
Awareness	Being aware of your own body and the interests of the audience
Timing	Moving to the beat of the music

What will I learn by the end of the topic?

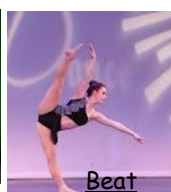
- I can create/perform a sequence of movements showing motif development, e.g. a circle shape could be described using a variety of body parts e.g. hips, shoulder, elbow and travel through space.
- I can select and structure dance motifs in relation to a chosen idea.
- I can improve the technical and expressive content and focus appropriately on the intention to dance.
- I can watch a professional piece of work and recognise skills and techniques they have achieved/performed themselves.
- I can refine my work to include an entrance and exit into space, which is appropriate to the dance idea.
- I can warm up and cool down using the whole body and isolated movements, e.g. warming up the fingers in preparation for Indian/South Asian dance,

Movements in action

Mirroring



Flexibility



Balance



Movement



Levels



Body shape



Control

