

Year 1 Dance Unit 1.2

National Curriculum objectives

Perform dances using simple movement patterns.

Key Learning

Performance and appreciation

- Create a class performance.

Choreography

- Select and use a variety of movements to form a short dance phrase.
- Perform a variety of movements to form a group dance phrase.

Movement

- Explore a range of movements.

Key Vocabulary

Imagery referred to: Seasons, spring, summer, autumn, winter, weather, mirror, reflect.

Pathways: Patterns created in the air or on the floor by the body or body parts.

Phrase: Is a short choreographic element that has an intention and feeling of a beginning and an end.

Travelling: This can be the stationary movement of body weight from one part of the body to another or the travelling movement of a person/group from one area to another.

Types of movement referred to: Skipping, galloping, running, marching, rise, fall, turn.

Equipment

- 15 x Gymnastic mats laid out around the learning space (for cool down).
- Music (suggestion: 'The Four Seasons' by Vivaldi).
- Video camera.

Key Questions

Can you show me different travelling steps?

Can you create movement and shapes to reflect a season?

What can you imagine is happening when you listen to the music?

Can you describe what happens to your breathing when active?

Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- Wear suitable footwear
- Use correct techniques
- Complete a warm-up and cool-down