

## Year 1 Dance Unit 1.3

### 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

**Gesture:** Is a movement of any part of the body that is not weight bearing.

**Imagery referred to:** rise, fall, sea, waves, ebb, flow, rising, sinking, breaking, rolling, shells, flotsam, jetsam, driftwood.

**Motif:** Is a recurring or repeated concept or movement.

**Movement:** Is the physical motion between points in space.

**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, turn, rolling.

### Equipment

- Percussion instrument
- 15x Gymnastic mats laid out around the learning space (for cool down)
- Music related to summer or the seaside (suggestion: 'La Mer' by Debussy)

### Key Questions

What movements can you perform based on seaside theme?

How can you work together to create a dance phrase?

What moves can you create in response to the music?

Discuss your phrase, how can you improve it?

### 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