

**Prior Learning:** In year 2, children continued to learn ways of listening to the music and moving in time to it. They worked in pairs and small groups to create a dance. They have learned the concept that a dance has a start, middle and finish.

## Key Skills

### Physical Me:

Co-ordination	Skip
Balance	Gallop
Agility	Jump
Strength	Hop
Power	Speed
Flexibility	Leap
Control	

### Thinking Me

- How to improve my dancing
- Remember dance movements

### Healthy Me:

- Perform movements safely
- Warm up

### Value Me:

- Patience
- Creativity

### Social Me

- Co-operate with others
- Respect others performing



## Key Vocabulary

Unison

Canon

Energy

Expression

Feedback

Formations

Pathways

## Key Knowledge

**Unison-** Two or more people performing movements at the same time.

**Canon** - People performing a dance move one after the other.

**Formations-** **Way** in which the dancers move with each other e.g. side by side, square, diamond.

**Pathways (A to B):** **Where** the dancer moves  
Straight. Sideways. Circular. Free-form.

**Energy-** Energy is about **how** the movement happens. Energy may vary in movement e.g. flow and the use of force, tension, and weight. An arm gesture might be free flowing or easily stopped, and it may be powerful or gentle, tight or loose, heavy or light.

**Expression** - Expressing emotion through their bodies and on their faces. Instead of using words to narrate, dancers will use body language, eye contact, and movement to express the feelings and ideas of their routine.