

Prior Learning: In Year 3, children created dances in small groups and began to evaluate and give feedback on performances. They were introduced to key elements in their dances including **unison, canon, formations, pathways** and **energy**.

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:

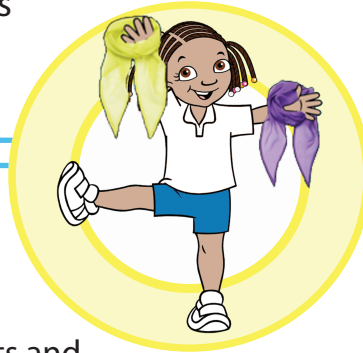
- Perform movements safely
- Warm up

Value Me:

- Patience
- Creativity

Social Me:

- Co-operate with others
- Respect others performing



Key Vocabulary

Choreograph

Direction

Timing

Fluency

Improve

Performance

Mini Coach

Key Knowledge

Choreograph - Is the act of designing a dance. A dance is made up of a sequence of movements and steps. When you plan those movements you **choreograph**.

Direction - Moving the body in different directions e.g. face different directions, travel in different directions.

Fluency - This refers to the smoothness of flow or movement from one step or sequence to the next.

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

Canon - People performing a dance move one after the other. These can be the same or different movements.

Formations - **Way** in which the dancers move in relation to each other e.g. side by side, square, diamond, straight line.

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

Energy - Energy is about **how** the movement happens.