

# **S**SCHEME OF WORK

## **Dance - LKS2 (YR 3&4)**

### **Unit Overview:**

In years 3 and 4, children will create dance in small groups, and begin to evaluate and give feedback on performances. In year 3 they will be introduced to key elements in their dances including levels, unison, canon, formations, pathways and energy. In year 4 they will recap and revisit these key elements and continue to incorporate them within their dances.

<b>Learning Intentions</b>
How can you vary your 'levels' when performing a dance?
How can you dance in 'unison' when performing a dance?
How can you dance in 'canon' when performing a dance?
How can you use different 'pathways' when performing a dance?
How can you use different 'formations' when performing a dance?
How can you perform with 'timing,' 'expression' and 'energy' in your dance?

### **Success Criteria:**

#### **Year 3**

- I can use three levels in a dance- low, medium, high (individually).
- I can dance in unison with a partner/group.
- I can dance in canon when performing with a group.
- I can show a range of pathways when performing.
- I can show a range of formations when performing.
- I can perform with timing, expression and energy.

#### **Year 4**

- I can perform using two different levels with a partner/group.
- I can dance in unison with a partner/group, performing simple movement patterns.
- I can dance in canon when performing with a group and show simple movement patterns.
- I can perform a range of pathways when performing with some control.
- I can perform a range of formations when performing with some control.
- I can perform with a good sense of timing, expression and energy.



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## PHYSICAL ME

- AGILITY
- BALANCE
- COORDINATION
- STRENGTH
- FLEXIBILITY
- MIRRORING ACTIONS
- MOVEMENT
- DODGING
- CONTROL
- HOP
- LEAPS
- JUMPS
- SKIP
- ROLL
- RUN

## SOCIAL ME

- RESPECT OTHERS PERFORMING
- CO-OPERATE WITH OTHERS
- MINI COACH- MAKING UP AND LEADING WARM UPS
- TEAM WORK
- PEER ASSESSMENT
- INCLUSION OF ALL TEAM MEMBERS, EVERYONE TO GET A TURN
- DEMONSTRATING TO THE GROUP

## THINKING ME

- TO IMPROVE MY DANCING
- FEEDBACK TO A PARTNER / GROUP
- DISCUSSING AND SHARING IDEAS
- SELECT AND APPLY SKILLS
- LEARNING HOW DIFFERENT ELEMENTS OF THE BODY MOVE AND CONTROLLING IT
- IMPROVING ON LEARNT SKILLS TO IMPROVE TECHNIQUES

## HEALTHY ME

- WARMING UP
- KNOW THAT EXERCISE KEEPS YOUR HEART HEALTHY
- COOL DOWN
- STAY HYDRATED
- UNDERSTANDS WHICH EXERCISES / MOVEMENTS INCREASE THE HEART RATE / PULSE RATE



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## End of Key Stage Attainments:

### Year 3

Can begin to use skills in different ways and to link them to make actions and sequences of movement.

Has begun to develop flexibility, control and balance, beginning to communicate with others during physical activities.

Can begin to perform dances using movement patterns.

Is beginning to compare their performances with previous ones.

Can begin to recognise their own success.

### Year 4

Can use skills in different ways and to link them to make actions and sequences of movement.

Has developed flexibility control and balance.

Can communicate with others during physical activities.

Can perform dances using movement patterns.

Can compare their performances with previous ones.

Can begin to recognise their own success.

