

SSCHEME OF WORK

Dance - UKS2 (YR 5&6)

Unit Overview:

In year 5 children will be introduced to Relationships, Space and Dynamics. They will begin to refine their dance movements and attempt to perform with precision, control and fluency. In year 6, children will recap and revisit these and continue to master their dance skills and choreograph their own dances incorporating these key dance elements.

Learning Intentions
How can you use stimulus to perform a dance?
How can you use 'space' when performing a dance?
How can you use 'relationships' when performing a dance?
How can you use 'dynamics' when performing a dance?
How can you collaborate with a group to make a dance performance?
How can you use different dance elements when performing?

Success Criteria:

Year 5

- I can translate ideas from a stimulus into a dance.
- I can show some 'space' elements in my dance.
- I can show some 'relationship' elements in my dance.
- I can show some 'dynamic' elements in my dance.
- I can collaborate to create a dance performance.
- I can show some dance elements in my performance (space, relationships, dynamics).

Year 6

- I can translate ideas from a stimulus into a performance - and incorporate some dance elements.
- I can show a variety of 'space' elements in my dance.
- I can show a variety of 'relationship' elements in my dance.
- I can show a variety of 'dynamic' elements in my dance.
- I can collaborate to create a dance performance displaying a range of dance elements.
- I can show a clear use of dance elements in my performance (space, relationships, dynamics).



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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 EVALUATE AND 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 5

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

Has begun to develop flexibility, strength, technique, control and balance.

Is beginning to communicate and collaborate with others in a variety of activities.

Can begin to perform dances using a range of movement patterns.

Is beginning to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Can recognise their own success.

Year 6

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

Has developed flexibility, strength, technique, control and balance.

Can communicate and collaborate with others in a variety of activities.

Can perform dances using a range of movement patterns.

Can compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Can begin to evaluate performance and recognise their own success.

