



**P.E.**

**Dance**  
Linking Dance Actions

**Year 3**

**Autumn Term 1**

## Skills

- Use dynamic, rhythmic and expressive qualities clearly and with control.

## Key Knowledge

Improvise freely, translating ideas from a stimulus into movement.

Suggest and share improvements to their own and others dancing using dance vocabulary.

Show some understanding of the short-term effects of physical activity on the body

## Sequence of Practical Experiences

Show an imaginative response to the stimulus of 'space' through their use of language and choice of movement

Incorporate different qualities and dynamics into their movement.

Explore and develop new actions while working with a partner.

Link actions to make dance phrases, working with a partner and in a small group.

use a range of expressive language to describe dance

## Statutory requirements

- perform dances using a range of movement patterns.

## Prior Learning

- Choose movements with different dynamic qualities to create a dance phrase that expresses an idea, mood or feeling;
- Describe their movements and feelings using simple dance vocabulary
- Perform body actions with control (set counts) and coordination
- Link actions and remember and repeat dance phrases of two or more specific steps
- Show awareness of the link between being active and feeling good

## Key Vocabulary

improvisation	Creating movement withing pre-planning any steps or choreography
structure	How a dance is composed into sections e.g. ABA using techniques such as canon, call & response etc
Formation	How dancers are arranged o dance e.g. line, circle, v shape etc.
Canon	Taking turns to perform a movement one after the other
Unison	Two or more dancers perform the exact same movements and the exact same time.

**Additional Vocabulary** , copy, follow, lead, unison, canon, repeat structure, motif, dance phrase, explore,

**Short term effects of exercise:** breathing, heart rate, temperature, muscles, oxygen, energy

## Techniques

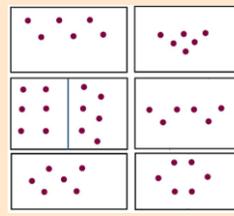
**Canon**



**Unison**



**Formations**



**Heads, Hearts, Hands**

