



P.E.	Dance Communicate different moods, feelings and ideas	Year 2	Autumn Term 2
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Skills

- Perform body actions with control (set counts) and coordination.
- Link actions and remember and repeat dance phrases of two or more specific steps.

Key Knowledge

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.

Show some awareness of the health benefits of being active

To understand the role of physical activity in achieving energy balance, and why energy balance is part of being healthy.

Sequence of Practical Experiences

- Create a short movement phase, involving travelling, linking and contrasting shapes.
- Improve control and coordination of movement when dancing with a partner.
- Improve the visual effect of the pair's sequence.
- Develop a narrative to accompany their movements.
- Improve their performance using agreed success criteria as an evaluation tool.
- Develop a 16 count movement motif.

Statutory requirements

- perform dances using simple movement patterns.

Prior Learning

- Perform basic body actions
- Perform a sequence with clear beginning, middle and end
- Use different parts of the body singly and in combination
- Show some sense of dynamic, expressive and rhythmic qualities in their own dance
- Talk about dance
- Remember and repeat short dance phrases and simple dances

Key Vocabulary

relationships: near/far; meeting/parting; advancing/retreating; leading/following; mirroring/matching	
Pathways e.g. curved, zigzag	
moods, ideas and feelings e.g. happy, angry, calm, excited, sad, lonely	
Benefits of being active: heart, skeleton, oxygen, stretch, muscles, stamina, heart rate recovery, warm-up, cool down.	
A forest i.e. creepy shadowy, swaying, under and over, wrapped around, through, tangled, entwining, hanging, creepers, stillness, silence, supporting.	
Synchronised /simultaneous	At the same time
Pivot	Body rotates without travelling
Choreography	Sequence of steps and movement

Techniques

