



P.E.

Dance
Patterns and Pathways for
Simple Dances

Year 1

Spring Term 2

Skills

- Perform basic body actions
- Perform a sequence with clear beginning middle and end
- Use different parts of the body singularly and in combination

Key Knowledge

Perform basic body actions

Perform a sequence with clear beginning middle and end

Use different parts of the body singularly and in combination

Sequence of Practical Experiences

become familiar with phrasing of music.

be able to copy simple movement patterns from each other.

improve their skill of working with a partner.

promote group awareness in a circle formation

show some sense of dynamic, expressive and rhythmic qualities in their own sequence

understand how working actions formed the basis of the traditional Hornpipe

Statutory requirements

- perform dances using simple movement patterns.

Prior Learning

- Copy and explore basic actions
- Begin to combine movements using different parts of the body
- Recognise a beginning and ending of a sequence
- Practise moving expressively and clearly
- Show some rhythmic intention in their movements
- Recognise and participate in simple action rhymes and dance stories

Key Vocabulary

words to describe travel and stillness, e.g. gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue

words to describe direction, e.g. forwards, backwards, sideways

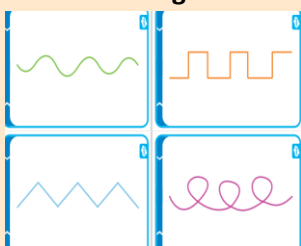
words to describe space, e.g. near, far, in and out, on the spot, own • beginning, middle, end

words to describe moods and feelings (expressive qualities), e.g. jolly, stormy

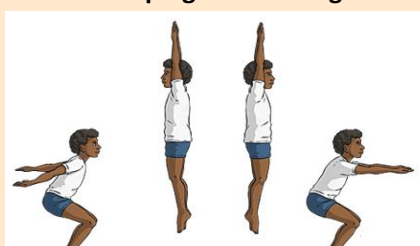
words to describe the nature of movement (dynamic qualities), e.g. fast, strong, gentle, fast, slow

Techniques

Travelling lines



Jumping and Landing



Heads, Hearts, Hands

