



P.E.

Dance
Exploring Cultural Dance

Year 3

Spring Term 2

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

recognise the fundamental dynamics of African dance

respond rhythmically, translating ideas from a stimulus into movement

improvise freely, translating ideas from a stimulus into movement

give clear instructions for performing a sequence

perform specific skills and movement patterns for the chosen cultural dance with accuracy

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

movement phrase a series of movements linked together to make a distinctive pattern

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

Rhythmic chants
levels, e.g. high, low
counts, beats, pattern
stomping, clapping, jumping,
sinking; into the ground
energetic movements
Narrative movements

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

Techniques

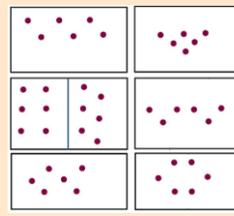
Canon



Unison



Formations



Heads, Hearts, Hands

