



**P.E.**

**Dance**  
(characterisation)

**Year 4**

**Spring Term 2**

## Skills

- Use “contrasts” to create and extend movement phrase.
- Pay attention to the transition from one dance movement to another to link movement phrases clearly and fluently
- Display and demonstrate awareness of spatial qualities in dance.
- Can repeat their own conditional phrase in a warmup.

## Key Knowledge

Respond imaginatively to a range of stimuli related to character and narrative.

Can portray a mood through movement.

Understand how physical activity should feel for health benefits.

## Sequence of Practical Experiences

perform and compose a solo with appropriate expression

perform and compose a question and answer duet with appropriate contrasting expression

extend the duet into a unison travel phrase retaining individual characterisation and expression

dance in unison, within a large group, and understand the interpretation and use of visual images as part of the process

sustain a dance performance in character

identify, describe, suggest and act upon ways of improving performance and composition.

## Statutory requirements

- perform dances using a range of movement patterns

## Prior Learning

- Improvise freely, translating ideas from a stimulus into movement
- Use dynamic, rhythmic and expressive qualities clearly and with control
- Suggest and share improvements to their own and others dancing using dance vocabulary
- Show some understanding of why they warm up and calm down in an active session

## Key Vocabulary

Dynamics:	How a dancer moves e.g. sustained, percussive, swinging, suspended, collapsed or vibratory
Formation	How dancers are arranged o dance e.g. line, circle, v shape etc.
Gesture	A movement of part of the body (often hand or head) to express an idea or meaning.

## Additional Vocabulary

Dance style, technique

- Pattern, Pathway
- Counts and Rhythm
- Motif, Phrase, sequence variation
- Narrative
- Shape e.g. tall, long, wide, narrow
- Direction e.g. up, down, forwards
- Level e.g. high, low
- Stretch tension, extension, relaxation

## Techniques

**Canon**



**Unison**



**Gesture**



**Formation**

