PE Paige loves dance!

When I grow up I could be a ... dancer, personal trainer, dance teacher or ballerina!

Join PE Paige in her exploration of dance! Work on your movement skills, learn techniques and experience the impact of exercise on your body.



Reaching New Horizons

EYFS
Fundamental skills/dance

Nursery

Select and apply actions

Recall and creativity

Reception



Ball skills



Body parts and how they move





Remember and repeat actions

Actions
Dynamics
Space

Working safely with more independence



Fundamental skills

Simple dance patterns

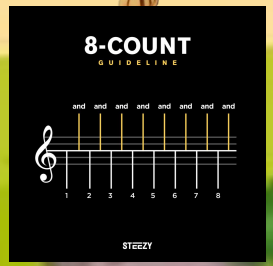
Move with some control and co-ordination

Reaching New Horizons

Key Stage One

Year 1

Create dances using counts to move in time





Copy and remember actions



Perform actions that represent a theme





Year 2



Developing coordination and working collaboratively





Changes in speed

Dance as a group

Travelling and using expression

Reaching New Horizons

Key Stage Two

Year 3

Dynamics

Use choreographing ideas to develop dance





Create actions to contact or interact with partner



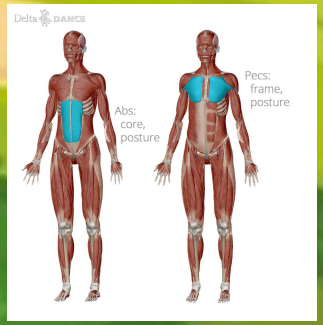


Year 4





Creating actions to represent an idea



Be creative and provide feedback





Use canon and unison



twinkl.com



Use correct dance terminology



Show quality and control in movements



Year 5





2.2 Dance Vocabulary

Dance Vocabulary

What? – Action

Travel	*Run, skip, hop, crawl etc*
Stillness	*Freeze, as still as a statue*
Jump	*Forwards, low, change of shape, leaps, etc*
Turn	*Half, full, quarter, spin, spiral etc*
Gesture	*Stamp, punch, reach, lean wave etc.*
Change of Weight	*Leaning, tilting, stretching.*

Where? – Space

Levels	*High, middle, low.*
Directions	*Forwards, backwards, up, down, pathways - circular, zig zag*
Shape	*Wide, straight, tucked, symmetrical, Asymmetrical*
Space	*personal, shared, general*

How? – Dynamics

Time	*Fast, slow, sudden, sustained*
Force	*Weight and Flow. Strong, light, heavy, delicate, firm etc, free -without restriction bound - restricted*

With Whom? – Relationship

Individual	*solo*
Group	*Duo, trio, 4+ etc*
Stimulus	*Music, poem, sculpture etc*
Prop	*Chair, scarf, umbrella etc*
Music	*Relationship to music and beat*
Audience	*Relationship and interaction with audience*

Develop awareness of historical and cultural origins

Use space to change how performances look







Reaching New Horizons

Year 6

Movement to convey emotions, feelings and characters.

Choreographic devices





Leadership.

Work in pairs and groups.







1970s style dance

Group formations











Reaching New Horizons