

Dog Kennel Hill Primary School - Physical Education

Topic: Dance

KS1

Strand: Dance

What should I already know?

- To use movement to express feelings.
- To create movement in response to music.

What will I know by the end of the unit?

- | | |
|-------------------------------|---|
| End of Key stage expectations | <ul style="list-style-type: none"> • Can move to music • Can copy dance moves • Can perform some dance moves • Can move around the space safely • Can change rhythm, speed, level and direction • Can make a sequence by linking sections together • Can link some movements to show a mood or feeling |
|-------------------------------|---|

Inspirational Athlete

Ashley Banjo-BGT Diversity

Ashley Modurotolu Banjo (born 4 October 1988), is an English street dancer, choreographer and actor. He is the leader of dance troupe Diversity who won the third series of Britain's Got Talent.



Vocabulary

Alignment	Correct placement of body parts in relation to each other.
Balance	A steady or held position achieved by an even distribution of weight.
Choreographic approach	The way in which a choreographer makes the dance.
Contrast	Movements or shapes that have nothing in common.
Duet	Two performers.
Flexibility	The range of movement in the joints (involving muscles, tendons and ligaments).
Repetition	Performing the same action or phrase again.
Stimulus/stimuli	Inspiration for an idea or movement.
Transitions	Links between dance phrases or sections.

Diagram



Dog Kennel Hill Primary School - Physical Education

Topic: Dance

KS2

Strand: Dance

What should I already know?

- To use movement to express feelings.
- To create movement in response to music.
- Can move to music
- Can copy dance moves
- Can move around the space safely
- Can change rhythm, speed, level and direction
- Can make a sequence by linking sections together
- Can link some movements to show a mood or feeling

What will I know by the end of the unit?

- | | |
|-------------------------------|---|
| End of Key stage expectations | <ul style="list-style-type: none"> • Can improvise freely, translating ideas from a stimulus into movement. • Can share and create phrases with a partner and in small groups • Can repeat, remember, and perform phrases in a dance • Can control and perfect movements • Can develop imaginative dances in a specific style • Through dance, can develop flexibility, strength, technique, control, and balance |
|-------------------------------|---|

Diagram



Vocabulary

Alignment	Correct placement of body parts in relation to each other.
Acceleration	Speeding up the movement.
Balance	A steady or held position achieved by an even distribution of weight.
Choreographic approach	The way in which a choreographer makes the dance.
Contrast	Movements or shapes that have nothing in common.
Control	The ability to start and stop movement, change direction and hold a shape efficiently.
Duet	Two performers.
Deceleration	Slowing down the movement.
Flexibility	The range of movement in the joints (involving muscles, tendons and ligaments).
Repetition	Performing the same action or phrase again.
Stimulus/stimuli	Inspiration for an idea or movement.
Transitions	Links between dance phrases or sections.

Inspirational Athlete

Les Twins

Laurent and Larry Nicolas Bourgeois (born December 6, 1988), professionally known as Les Twins, are French dancers, choreographers, producers, models, designers, and creative directors of their brand "Eleven Paris".

