



Key Vocabulary

Travelling Up
 Shapes Down
 Flexibility Sideways
 Jumps
 Performance
 Rhythm
 Balance



Dance

PE KSI



Physical wellbeing

I know how the body feels during and after exercise.

I know that dance has effects on my body that is similar to games.

Key knowledge and skills

Dance skills:

I know how to copy, remember and repeat actions.
 I know how to create a short motif inspired by a stimulus.
 I know how to improve my timings.



Perform:

I know how to perform using a range of actions and body parts with some co-ordination
 I can perform a sequence in time to music.



Evaluate:

I know how to give feedback to others on the successful parts of their work.

Links to other subjects:

Music (Year 1 Homes)
 Music (Year 2 battles, burns and bandages)



Links to prior learning:

Link rhythm learnt on instruments to movement sequences.

Next steps:

I know how to Choreograph my own routine.

Head

Understanding
Feedback



Heart

Effort
Confidence
Resilience



Hands

Technique
Physical ability

