



## Key Vocabulary

Travelling  
Shapes  
Flexibility  
Jumps  
Performance  
Rhythm  
Balance



# Dance

## PE LKS2



## Physical wellbeing

I know the importance of warming up and cooling down.

I know safety principles when preparing for exercise.

## Key knowledge and skills

### Dance skills:

I know how to confidently improvise with a partner or a group.  
I know how to show precision and some control with different movements.  
I know how to vary dynamics and develop actions in response to stimuli.



### Perform:

I know how to perform sequences of my own composition with coordination.

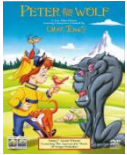


### Evaluate:

I know how to evaluate the success of my own work and suggest improvements.

## Links to other subjects:

Music (Year 3 Peter and the wolf)



History (Y4+ Ancient Greeks)



## Links to prior learning:

Evaluating your own and others performances

### Next steps:

Choreograph a routine for others to perform.

## Head



Understanding  
Responsibility

## Heart



Respect  
Communication  
Resilience

## Hands



Technique  
Physical ability