



Key Vocabulary

Travelling Transition
Shapes
Flexibility
Jumps
Performance
Rhythm
Balance
Unison



Dance

PE UKS2



Physical wellbeing

I know the importance of warming up and cooling down.

I know safety principles when preparing for exercise.

I know the large muscle groups within the body.

Key knowledge and skills

Dance skills:

I know how to identify and repeat movement patterns and actions of a chosen dance style.

I know how to choreograph individual, partner and group dances that reflect a chosen dance style.

I know how to use dramatic expression in dance through controlled movements and motifs.

Perform:

I know how to link movements and actions to create a complex sequence using a full range of movement.

Evaluate:

I know how to thoroughly evaluate my own work and others.



Links to other subjects:

Music (Year 6 Gamelan work and Blues)



Links to prior learning:

Evaluating your own and others performances

Next steps:

Choreograph a routine for others to perform.

Head

Understanding
Analysis
Feedback



Heart

Leadership
Communication
Resilience



Hands

Technique
Physical ability

