



Subject: PE Topic: Dance Year Group: Reception

What I should already know (this will depend on the children's individual experiences pre-school):

To develop movement, balance, skip, hop, stand on one leg or hold a pose, use large muscle movements to wave flags, ribbons or streamers, starts taking part in group activities, are increasingly able to use and remember sequences and patterns of movement which are related to music and rhythm, match their developing physical skills to tasks and activities, be increasingly independent when they dress and undress, make healthy choices about food, drink and activity.

Vocabulary:

Quick, slow, small, large, sit, kneel, stand, space, curl, stretch, tip toe, directions, tall, wide, narrow, swing, run, turn, jump, march, lie down, wiggle, roll, slide, tight, shape, bend, stamp, light, heavy, creep, under, over, around, through, actions, spin, high, low, balance

What I will know by the end of the unit:

- To use space safely (negotiate)
- Move my body in different ways
- Explore the high and low movements
- Copy simple movements and dances
- Begin to make up my own dance moves, using some of the steps I have learnt.

Activities I can take part in to achieve my objectives:

- Copy or responding to command activities
- Exploring how to move at different heights
- Match movements to a story or music
- Respond to music using appropriate movements e.g. quick, slow
- Activities that encourage fluidity of movement
- Activities that develop a sense of rhythm/beat/time e.g. using a woodblock or clapping to move in time to the beat