



Subject: PE Topic: Dance Year Group: Year 1

What I should already know:

- 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.

Vocabulary:

Rhythm, beat, gesture, travel, link, direction, expression, timing, level, speed, flow, listen, repeat, perform, pathway, respond, match, copy, similar, different, partner work, stillness, movement.

What I will know by the end of the unit:

- To perform dances using simple movement patterns.
- Move expressively responding to music/story in an imaginative way
- Dance with a partner
- Try to keep time with the music/beat
- Link and repeat 2 or more movements
- Choose correct movements to match words

Activities I can take part in to achieve my objectives:

- Listen to stories/music and consider appropriate responses
- Explore use of expression – how does this match the music/story?
- Repeat actions to gain a sense of timing to the beat
- Consider the flow of movements – how can we move fluently from one move to another?
- How can we dance together? Copy, repeat, side by side etc