



Subject: PE Topic: Dance Year Group: Year 5

### What I should already know:

- Perform a dance using a range of movement patterns in a set style e.g. line dance
- Develop dance and performance skills
- Very motifs and perform in unison and canon
- Communicate through dance showing fluency, control and expression of movement
- Describe, interpret and evaluate their own and others dances

### Vocabulary:

Indian/Bollywood dance, lotus, prayer, back point step, posture, gesture, balance, control, fluency, repeated movements, rhythm, phrasing, improvise, space, dynamics (level, speed, direction), sequence, flexibility, balance, coordination, muscular strength, timing, expression, emotion, motif, variation, reflect style of dance, unison, canon, beat, collaboration, sections/phrases, performance, evaluate, suggest, tactful vocabulary.

### What I will know by the end of the unit:

- To perform a dance in a Bollywood style using a variety of movement patterns and actions
- Develop dancing and performance skills
- Improvise showing an awareness of the music's rhythm and phrasing
- Apply key components to create dances (see vocabulary)
- Perform and evaluate their own and others work using tactful feedback and suggestions for improvement

### Activities I can take part in to achieve my objectives:

- Observing, teaching and practicing Bollywood dance moves
- Individual, pair and small group compositions of dances
- Opportunities for improvisation considering rhythm and phrasing of music
- Practice moving in time showing understanding of rhythm and phrasing of music
- Adapting motifs and developing sequences over time
- Varying dances when performing in pairs/groups by considering unison and canon
- Rehearsing, performing and evaluating their own and others performances