



Physical Education DANCE

Y1

Unit Focus:

Respond to arrange of stimuli. Explore space, direction, levels and speeds and perform with different body parts.

Prior Learning:

- Followed simple instructions.
- Moved using simple rhythms and actions.
- Copy and repeating.

Concepts:

- Using mirroring as a tool for creating interesting partner work
- A dance phrase has a beginning, middle and end.



Demonstrate understanding that dance has a start, middle and end.



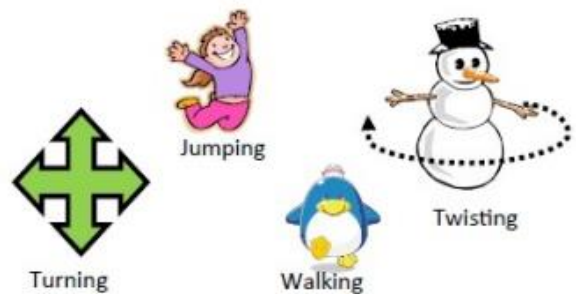
Perform basic actions to music.



Work with a partner to use repeating motifs.

Key Vocabulary/Skills:

| | |
|------------------------------------------|----------------------------------|
| Exploring story telling through dance. | Stretch, swing, |
| Use a theme to create a dance. | mood, feeling, |
| Develop actions that express friendship. | theme, story, static, friendship |
| Dance with start, middle and end. | start, middle, end. |
| Perform with feeling. | |



Inspiring Individuals



Elizabeth Dalman

(1934-present)



Michael Jackson

(1958-2009)

Equipment

Music player, music, cones, hoops, throw down spots, balloons.

Key Questions

1. What is your favourite scene in The Jungle Book?
2. How can you show your favourite scene with your partner?
3. What would you like to improve in your dance phrase?