



# Physical Education DANCE

Y4

## Unit Focus:

Work to include freeze frames in routines. Practise and perform a variety of different formations in dance.

## Prior Learning:

- Building stylistic qualities through repetition and applying movement to own bodies.
- Building basic creative choreography skills in travelling, dynamics and partner work.

## Concepts:

- Freeze frame (also known as still image) it is like pressing the pause button on a remote control, taking a photo or making a statue.



Demonstrate and discuss performance skills.



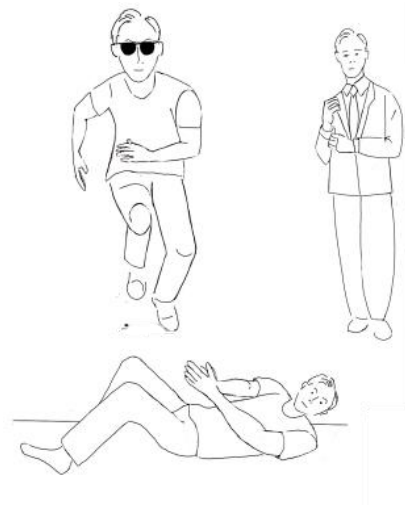
Perform with increasing musicality with control and confidence



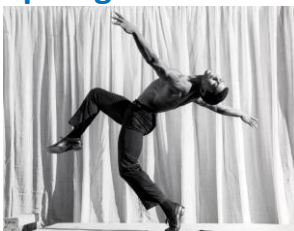
Work as part of a group to listen and give ideas.

## Key Vocabulary/Skills:

|                                             |                                                                                    |
|---------------------------------------------|------------------------------------------------------------------------------------|
| Develop dance freeze frames.                | Improvisation, rehearse, director, choreographer, slide, formation, freeze frames. |
| Practice and perform a slide and roll.      |                                                                                    |
| Learn to replicate a set phrase.            |                                                                                    |
| Work collaboratively to sequence movements. |                                                                                    |
| Create a 5 action routine.                  |                                                                                    |



## Inspiring Individuals



Alvin Ailey Jr  
(1931-1989)



Tamara Rojo  
(1974 – present)

## Equipment

Music player, music, cones, hoops, throw down spots, balloons, laptop with internet access.

## Key Questions

1. Why do we need to sequence movements? (so one move flows to the next)
2. Explain the different actions in your dance. Do they stick to the superhero theme?
3. What are some of the points in a slide and roll?