

Our School Values	
Love	We show love by supporting and encouraging one another through different PE activities.
Unity	We show unity by working and playing in teams.
Courage	We show courage by being brave and trying new things in PE.
Inspiration	We show inspiration by encouraging others to have a go and demonstrating our skills.



Year 2

Physical Education (PE)

Dance



NC Objectives:

- To perform dances using simple movement patterns
- To know that different heights can be used within dance.
- To know that dance can differ depending on the stimuli and to be able to give ideas about movements based on the stimuli.

Knowledge I already know

Know basic movements relating to feelings
 Know how to move bodies in a variety of ways
 Know how to use counts
 Know how to copy, remember and repeat actions
 Know how to move confidently and safely
 Know how to use different parts of the body in isolation and together
 Know how to vary the speed of my actions
 Know what makes a good start and finish position in a sequence
 Know how to choose appropriate movements for different dance ideas
 Know how to put a sequence of actions together
 Know how to work with others to share ideas and select actions
 Perform dance movements and simple sequences using simple movement patterns
 Be taught to remember and perform short dance routines to other children (1-8 steps)
 Show some sense of expression in my dance

Knowledge I will learn

Know how to copy, remember, repeat and create dance phrases
 Know how to copy travels, turns, jumps and balances with basic composure and control
 Know and develop movements relating to feelings
 Know how to change the speed and level of my actions
 Know how to use counts (1 – 8)
 Know how to use a range of vocabulary to describe moods and how dances make me feel
 Know how to create a short motif inspired by a stimulus
 Know how to use different transitions within a dance motif
 Know how to work with a partner using mirroring and unison in our actions
 Know how to improvise to create a simple dance
 Perform dances using simple movement patterns with a clear start middle and end
 On my own, remember and perform short dance routines to other children (1-8 steps)
 Use counts to stay in time with the music

Key Vocabulary

Word	Definition
Imaginatively	Dancing in a way that shows creativity or inventiveness.
Stimulus	The starting point for dance e.g. weather, a picture, a country.
Dynamics	The qualities of movement in dance based upon variations in speed, strength and flow.

Healthy Me	To know how my body responds to dance
tired	You will feel tired when your body has a lack of energy after exercise.
hot	Exercising causes your body to heat up by your muscles working hard.
sweaty	Sweating is your body trying to cool itself down.
Heart rate	Exercise increases your heart rate because your muscles need more oxygen so your heart pumps your blood faster around your body.
Warm up	It is important to warm your muscles up before exercise to prevent injuries and help your body prepare for exercise.
Cool down	It is important to cool down after exercise because it gives your muscles a chance to relax and your heart rate to slow down.

Levels	
high	
medium	
low	

Pathways	
curved	
straight	
zigzag	

Moods and feelings	
happy	
angry	
calm	
excited	
sad	
lonely	