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.	
	We show inspiration by encouraging others to have a go and demonstrating our skills.	



Year 2

Physical Education (PE)

Dance



NC Ob jectives:

Key Vocabulary

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 (I-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 (I - 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

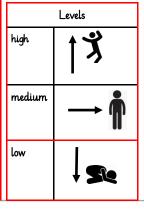
Know how to improvise to create a simple dance

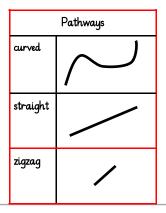
Perform dances using simple movement patterns with a clear start middle and end

On my own, remember and perform short dance routines to other children (I-8 steps)

Use counts to stay in time with the music

Neg Vocabuary				
Word		Definition		
lmaginatively		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	Т	To know how my body responds to dance		
tired	У	ou will feel tired when your body has a lack of energy after exercise.		
hot	Ex	xercising causes your body to heat up by your muscles working hard.		
sweaty	Sv	weating 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		t is important to warm your muscles up before exercise to prevent injuries and help your oody 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.		





Moods and feelings				
	···· J·····y-			
һарру				
angry				
calm				
excited				
sad				
lonely	33			