

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 5 Physical Education (PE) Dance



NC Objectives:

To perform dances using a range of movement patterns

To be able to explain key features of different dance styles including a haka

## Knowledge I already know

Know how to identify and repeat the movement patterns and actions of a chosen dance style

Know how to respond imaginatively to a range of stimuli relating to character and narrative

Know how to develop basic actions and skills using: dynamics, space and relationships, travels, gestures, turns, jumps and balances with good composure and control

Know how to confidently improvise with a partner or on my own

Know how to demonstrate rhythm and spatial awareness

Know how to compose short dances with clear start, middle and end on my own, partners and in groups

Know how to change in timing and spacing to develop a dance

Know simple movement patterns to structure dance phrases on my own, with a partner and in a group

Know how to compose a dance that reflects the chosen dance style

Remember and perform a longer dance routine to others (8-20 steps)

Copy and remember set choreography

Use counts to keep in time with others and the music

Begin to perform different styles of dance, clearly and fluently

## Knowledge I will learn

Know how to change and refine the way they use actions, dynamics, relationships and space in my dance

Know how to lead a small group through short warm-up routines

Know how to begin to vary dynamics and develop actions and motifs in response to stimuli

Know how to demonstrate rhythm and spatial awareness

Know how to explore and experiment imaginatively with a stimulus for a given audience

Know how to explore and improvise ideas for dances in different styles, working on my own, with a partner and in a group

Know how to choreograph more complex routines with clear sections, starting to use unison, canon, repetition

Know how to use counts when choreographing to stay in time with others and the music

Remember and perform a dance routine to any audience with 20+ steps

Accurately copy and repeat set choreography

Confidently perform different styles of dance, clearly and fluently

With support, know how to improve my dance through dance features

## Key Vocabulary

Word	Definition
Techniques	A way of carrying out a task/move
Precision	Doing something accurately and carefully
Fluency	To be able to do movement with speed and accuracy
Dance style	A type of dance. For example ballet, jazz, hip hop, haka
Formation, pattern, rhythm	Formation- Shapes or patterns created in space by dancers. Pattern- repeated move Rhythm- a repeated pattern of movement or sound
Variation	To change something. In dance this would be about using different movements, heights and speeds.
Aerobic	An activity that increases your breathing and heart rate
Dynamic stretches	Stretches done while moving e.g. lunges
Static stretches	Stretches that are held while you are still



## Healthy Me

I know that warm ups and cool downs are important because they improve performance, prevent injuries, and help with recovery from exercise.

Warm up: begin by performing a gentle warm up of 5-10 minutes of light aerobic activity e.g. jogging, skipping

Perform dynamic stretches that focus on movements that mimic the exercises of the upcoming workout.

Cool down: 5-10 minutes of very light aerobic activity to help the body adapt to a resting state.

Static stretches for each of the muscle groups used during the workout. Hold each for at least 30 seconds.