

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 6

### Physical Education (PE)

### Dance



#### NC Objectives:

- To perform dances using a range of movement patterns
- To be able to explain what a form of dance is based on AB, ABA, ABAC.
- To be able to say what a dance represents based on the artist's intention.
- To be able to explain different interpretations of dance.

#### Knowledge I already know

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

#### Knowledge I will learn

Know how to change the dynamics, space and relationships confidently

Know how to lead a larger group through a short warm-up routine

Know how to use actions, dynamics and relationships to represent ideas, emotions, feelings and characters

Know how to use dramatic expression in dance movements and motifs

Show a change of pace and timing in my movements

Know how to explore, improvise and combine movement ideas fluently and effectively

Know how to compose more complex routines with clear sections, using unison, canon, repetition

Know how to choreograph a dance and work safely using a prop

Know how to work creatively and imaginatively on my own, with a partner and in a group to choreograph and structure dances

Know how to combine flexibility, techniques and movements to create a fluent sequence

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

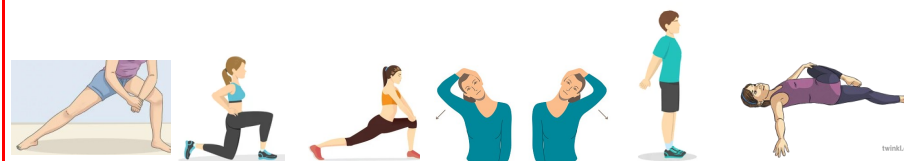
Perform dances confidently and fluently with accuracy and good timing

Demonstrate strong and controlled movements throughout a dance sequence

Dance with fluency and control, linking all movements and ensuring that transitions flow

#### Key Vocabulary

Word	Definition
Accuracy	The state of being precise.
Canon	A dancer(s) produce a frame and others respond after a short break in time.
Consistency	The quality of being consistent.
Exploration	The act of investigating.
Improvisation	To explore new ideas and create.
Interpret	Translating, reading or making sense of a dance work.
Unison	Together.
Form	The structure of the dance e.g B, ABA, ABAC, showing the pattern of movements.



#### Healthy Me

I know that different warm ups and stretches should be used according to the type of exercise that has been done. As well as the stretches learning in year 4 (hamstring, calf, quadriceps, triceps and shoulder) I can also do groin and inner thigh, hip, lunge, neck, chest and gluteal stretches.