

Knowledge

- We can move to music using different parts of our bodies.
- We can copy simple moves and actions accurately.
- We are able to link our movements together and perform them.
- We are able to show control and co-ordination in our movements.
- We are able to link movements to moods or feelings - we can explain through dance how a piece of music makes us feel.
- An effective warm up allows our body to prepare for exercise safely. Our heart rate will increase and therefore our muscles will be warm and ready to work without getting injured.
- We can verbally evaluate our own work and the work of others.



Professional dancers are today regarded as athletes.

Physical Education
Dance
Year 1

Vocabulary Definitions

Movement	The act of moving.
Rhythm	A strong, regular repeated pattern of music or sound.
Co-ordination	The ability to use different parts of the body together smoothly and effectively.
Sequence	A number of movements that have a particular order.
Evaluate	Giving an opinion about something and backing it up with reasons why.
Performance	Showing our work to an audience.
Warm up	A set of gentle exercises to prepare your body for sport or dance.
Cool down	A set of exercises which help the body recover effectively and safely from energetic activity.

Questions

Recall: Recall some copied actions.	Explain: Explain the effect on our bodies when we warm up?
Apply: Why is it important to do an effective cool down?	Connections: Compare your performance to your friends.
Create: Create your own sequence of dance movements.	Evaluate: What do you think the performers could improve on for next time?

Diagrams and Symbols

