

Knowledge

- We are aware of space and can move demonstrating good control.
- We are able to change speed, level, direction and rhythm in our dances.
- We are able to link our movements together and perform them confidently.
- We are able to show good control and co-ordination in our dance movements and explain what this means.
- 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 2

Vocabulary Definitions

Movement	The act of moving.
Synchronise	To do something at the same time as someone else.
Formation	A group of people or things in a particular arrangement or pattern.
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.
Link	The connection between two things.
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: What does having good control mean?	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: Which dance elements were the performers showing in their routine?

Diagrams and
Symbols

