

# Dance

## Key Vocabulary for Dance

Stimulus – something that inspires movement  
Dynamics – how the performance moves  
Formations – how groups may move when they perform together  
Phrase – a brief sequence of related movements in a performance  
Choreograph – the art of creating and arranging dance moves  
Fluently – moving with the music with ease  
Contrast – opposing movements as part of a group performance  
Core strength – strength enabling balances to be held  
Cardiovascular system – a system that dictates blood flow around the body via the heart

## Key Knowledge for Dance

**Actions:** understand that actions can be improved with consideration to extension, shape and recognition of intent.  
**Dynamics:** understand that selecting a variety of dynamics in my performance can help to take the audience on a journey through my dance idea.  
**Space and relationships:** know that combining space and relationships with a prop can help me to express my dance idea.  
**Performance:** understand how a leader can ensure our dance group performs together.  
**Strategy:** know that if I keep in character throughout, it will help me to express an atmosphere or mood that can be interpreted by the audience.

## Key Skills for Dance

**Actions:** show controlled movements which express emotion and feeling.  
**Dynamics:** explore, improvise and combine dynamics to express ideas fluently and effectively on my own, with a partner or in a small group.  
**Space and relationships:** use a variety of compositional principles when creating my own dances.  
**Performance:** demonstrate a clear understanding of timing in relation to the music and other dancers throughout my performance.

## Pillars

**Motor Competence** - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.

**Rules, Strategies and Tactics** - having an increasingly complex tactical knowledge, knowledge of context-specific rules, conventions, regulations and strategies and knowing how to be successful across a range of activities and sports.

**Healthy Participation** - understanding and demonstrating how to safely prepare and participate in increasingly specific contexts, and the short-term and long-term impacts of sport and physical activity.

# PE Year 6: Autumn 1

## Key Questions

### Dance

What is the effect of changing the level or direction of a phrase?  
What impact might a moment of silence have?  
How can we use dynamics to express an idea?  
How does canon and unison impact upon a performance?  
What are the most effective dance tools?

### Athletics

How do we maintain a steady pace in long distance running?  
How do we improve a sprinting technique?  
Why is consistent stride length important?  
What are the key safety rules for high jump?  
How do we generate power and force in a throw?

# Athletics

## Key Vocabulary for Athletics

Rotation – moving around the body's axis  
Trajectory – angle in which an object is launched  
Continuous pace – moving at a pace that is sustainable for a long period  
Force – the energy applied to an object through a physical movement  
Transfer of weight – moving the bodies centre of gravity as part of an action  
Momentum – energy that the body creates through physical movement  
Anaerobic – performing at optimum pace or effort subconsciously resulting in the body not intaking oxygen  
Gastrocnemius – a muscle in the rear of the lower leg that allows flexion of the ankle and foot  
Fast twitch fibres – muscle fibres that create explosive movements allowing the body the movement at optimum speed

## Key Knowledge for Athletics

**Running:** understand that I need to prepare my body for running and know the muscle groups I will need to use.  
**Jumping:** understand that a run up builds speed and power and enables me to jump further.  
**Throwing:** understand that I need to prepare my body for throwing and know the muscle groups I will need to use.  
**Rules:** understand and apply rules in events that pose an increased risk.

## Key Skills for Athletics

**Running:** demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.  
**Jumping:** develop power, control and technique in the triple jump.  
**Throwing:** develop power, control and technique when throwing discus and shot put.