

Dance

Key Vocabulary for Dance

- Swaying** – move slowly rhythmically backward and forward or side to side.
Floating – move in a casual or leisurely way.
Gust – a sudden burst of something.
Swirling – move in a twisting or spiralling pattern.
Galloping – to run fast.
Counts – the total number of something.
Pose – assume a particular position.

Key Knowledge for Dance

- Actions:** understand that actions can be sequenced to create a dance.
Dynamics: understand that I can create fast and slow actions to show an idea.
Space: understand that there are different directions and pathways within space.
Relationships: understand that when dancing with a partner it is important to be aware of each other and keep in time.
Performance: know that standing still at the start and at the end of the dance lets the audience know when I have started and when I have finished.
Strategy: know that if I use exaggerated actions it helps the audience to see them clearly.

Key Skills for Dance

- Actions:** copy, remember and repeat actions to represent a theme. Create my own actions in relation to a theme.
Dynamics: explore varying speeds to represent an idea.
Space: explore pathways within my performance.
Relationships: begin to explore actions and pathways with a partner.
Performance: perform on my own and with others to an audience.

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 1: Spring 2

Key Questions

Sending and Receiving

- How can we send/receive a ball successfully?
Why is eye contact important?
Who do we pass to when defending?
What makes a supportive member of the team?
How can we help a partner to improve?
How do we know our partner is ready to receive a ball?
How do we control a ball when receiving?

Key Questions - Dance

- How do we keep in time with the music?
Why do we use different levels, speed and direction in dance?
Why is it good to put expression into dance?
Can you create and complete a pathway?

Sending and Receiving

Key Vocabulary for Sending and Receiving

- Target** – a mark or point at which one aims.
Send – moving an object towards a partner.
Track – follow the movement of something.
Receive – when a ball is sent to you.
Partner – a person who takes part with another to do something.
Opponent – someone you are competing against to win.

Key Knowledge for Sending and Receiving

- Sending:** know to face my body towards my target when rolling and throwing
underarm to help me to balance.
Throwing: know which type of throw to use to throw over longer distances.
Catching: know to watch the ball as it comes towards me.
Tracking: know to move my feet to get in line with the ball.
Dribbling: know that moving with a ball is called dribbling.
Receiving: develop understanding of their body position in order to receive and retrieve a ball effectively.
Tactics: know that tactics can help us when playing games.
Rules: know that rules help us to play fairly.

Key Skills for Sending and Receiving

- Sending:** roll and throw with some accuracy towards a target.
Throwing: explore technique when throwing over and underarm.
Catching: begin to catch with two hands.
Tracking: track a ball being sent directly.
Dribbling: explore dribbling with hands and feet.
Receiving: work on footwork and anticipation of an object's path.