

Dance

Key Vocabulary for Dance

Stimulus - something that gives you an idea.

Posture - the position in which someone holds their body when standing or sitting.

Canon - a section of movement that is performed at different times, either overlapping or sequential.

Dynamics - the way in which the shape of a movement is done.

Formation - the way in which you are arranged, such as a circle or line.

Unison - to perform the same steps at the same time.

Phrase - a sequence of movement in dance.

Abdominals - muscles that support the trunk and allow rotational movement.

Core strength - strength provided by the abdominal and back muscles.

Key Knowledge for Dance

Actions: understand that different dance styles utilise selected actions to develop sequences in a specific style.

Dynamics: understand that different dance styles utilise selected dynamics to express mood.

Space: understand that space relates to where my body moves both on the floor and in the air.

Relationships: understand that different dance styles utilise selected relationships to express mood.

Performance: understand what makes a performance effective and know how to apply these principles to my own and others' work.

Key Skills for Dance

Actions: choreograph dances by using, adapting and developing actions and steps from different dance styles.

Dynamics: confidently use dynamics to express different dance styles.

Space: confidently use direction and patterning to express different dance styles.

Relationships: confidently use formations, canon and unison to express a dance idea.

Performance: perform dances expressively, using a range of performance skills, showing accuracy and fluency.

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 5: Summer 1

Key Questions

Dance

How does the change of dynamics change a performance?

What is canon and unison?

Can you explain a formation?

How can we link our performances?

How do we remain fluid when changing partners in a dance?

Handball

Can you name three types of passes in handball?

Can you explain what the double dribble rule is?

What are your options when you first receive the ball?

When might you use stepping and dribbling?

Is the goalkeeper allowed to leave their area?

When might you use a drive shot?

Handball

Key Vocabulary for Handball

Intercept - gaining possession of the ball by anticipating the path of an opponents pass

Possession - having control of the ball

Conceding - failing to defend the goal and the opposing team score a goal

Formation - positions players take on the pitch as part of a plan to outwit the opponents

Foul - making contact with an opponent outside the laws of the game

Offside - being closer to the opponent's goal line than the ball and the second to last defender

Tricep - a large muscle in the front of the upper arm

Key Knowledge for Handball

Sending & receiving: know that not having a defender between myself and a ball carrier enables me to sending and receiving with better control.

Dribbling: know that dribbling in different directions will help to lose a defender.

Space: know that by moving to space even if not receiving the ball will create space for a teammate.

Tactics: understand the need for tactics and identify when to use them in different situations.

Rules: understand and apply rules in a variety of invasion games whilst playing and officiating.

Key Skills for Handball

Sending & receiving: develop control when sending and receiving under pressure.

Dribbling: dribble with some control under pressure.

Space: explore moving to create space for themselves and others in their team.

Attacking: use a variety of techniques to lose an opponent.

Defending: develop tracking and marking with increased success. Explore intercepting a ball using one and two hands.