

PE - Dance

Year One



Individual

Teamwork

Rhythm

Movement

Space

Expression

Sequence

Order

Perform

By the end of this unit you will be able to perform simple movement in sequence. Pupils will be able to order and sequence movement to music.

Important information



Dance focusses on exploring how we can move in different ways. Look at how we can move and make sequences from adding movements together. Dance can be a form of expression to show ideas, feelings and mood.



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	Lesson Question	What you will learn	Learning Review
1	I can move in different ways.	To move with some precision in a variety of ways. To explore ways in which they can move and use space.	
2	I can move with control.	To look at controlling and making movement more precise.	
3	I can work individually and with others.	To work within space and alongside others with a range of movements.	
4	I can move to music showing expressive qualities of dance.	Communicate mood, feelings and ideas with movement. Use expression and action to convey these.	
5	I can creatively compose short dances.	Order and sequence movement with purpose. Recall and sequence movements in a performance. Explore, repeat and remember short sequences.	
6	I can participate in a performance.	Order and sequence movement for an audience. Recall and sequence movements in a performance. Explore, repeat and remember short sequences.	