



KS1 PE: Dance (Christmas)

Prior Learning

Children can...

- Move energetically using their strength, balance and coordination to perform skills such as running, jumping hopping, skipping, dancing and climbing.
- Negotiate space and obstacles safely.
- Copy and combine movements, changing the speed and style of chosen actions.

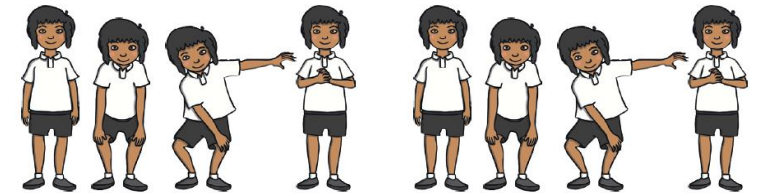


Vocabulary

- Dance, actions, perform, movement, sequence, patterns, sideways, forwards, backwards, turn, copy, repeat, phase of movement, levels, high, low, unison

Sticky Knowledge

A dance pattern is a sequence of movements put together which can be repeated.



Dance movements can be on different levels. Some actions might be high, some actions might be low.



Sometimes we can dance on our own, sometimes we can dance in unison with other people. This means we are doing the same actions as our friends.

