

Year 1 Term 3

**What in the world is beautiful?
PHYSICAL EDUCATION: DANCE**



National Curriculum Links:

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
Perform dances using simple movement patterns.

Essential Prior Learning:

Children will have participated in PE lessons in Year R. They will have experience of moving around a space with other children and listening to instructions from adults. They will have moved their bodies to music.

Progression in Skill:

Principles of Dance: travel, turn, jump
Link two or more movements together to begin a sequence.
Create a variety of actions and movements that travel, changing direction and speed, e.g. spin and glide.
Work individually and with a partner – solo and duet.
Start to describe how the music makes them feel and the kind of movements they would do in response to it, e.g. fast, slow.
Dance helps people to develop better balance.
Dance helps people become better aware of the space they and others are in.
Move in time to the music led by the teacher.

Michael Flatley became known for creating and performing in Irish dance shows; he formerly held the Guinness World Record for tap dancing 35 times per second.

Long Term Knowledge:

Children will be able to move around the space in different ways, turning and jumping without falling or bumping into others.
They will be able to create a sequence using at least two movement thinking about the speed of their movements in relation to the music played.
Work with a partner as well as individually, making sure you are dancing as a pair rather than two individuals next to each other.
Children can focus on music and understand music can make them feel different things.
Talk about some of the benefits of dance as a form of physical activity, e.g. improves balance.
Children will know that Michael Flatley was a famous dancer.

Key Vocabulary

travel	to move around a space
direction	which way you are moving
speed	how fast or slow you are moving
solo	one person dancing by themselves
duet	two people dancing together
Michael Flatley	a dancer (man) who was famous for his Irish and tap dancing

Progression in Resources:

Music

Relevance

Now	Children will move around the space with purpose and more precise movements. They will enjoy their bodies in different ways to music.
Future	Children will be able to join in a range of sports and use appropriate techniques depending on the activity. They may be encouraged to try new activities both in and out of school.
Aspiration	Children will appreciate music and dance. They will follow their interests in different creative activities.