

Year 3 Term 4
PHYSICAL EDUCATION
Dance



National Curriculum Links

Perform dances using a range of movement patterns

Essential Prior Learning

Principles of dance: travel, turn, jump, levels
 Link two or more movements to form a sequence, remember the movement order and perform the sequence.
 Combine different sorts of movement.
 Work co-operatively with others.
 Describe how the piece of music makes them feel and suggest different movements they could do in response to it.
 Know some reasons why people dance.
 Know when to start and stop in time to the music.

Progression in Skill

Principles of dance: travel, turn, jump, levels.
 Link three or more movements together to form a sequence; remember the movement order and perform the sequence.
 Combine movement skills introducing different planes of movement: forwards/backwards, side-to-side and twisting.
 Work co-operatively with a group to create a dance sequence including start and end positions.

Create movements and movement patterns to express feelings that are suggested by the music.
 Dance improves people's flexibility.
 Start to count out the phrases of eight counts within the music on the regular beat correctly.
 Anna Pavlova was a Russian prima ballerina who was the first to tour the world.

Long-term Memory Knowledge

Name and demonstrate the principles of dance: travelling, turning, jumping and using different levels.
 Link several movements together to create a short sequence and remember the order to perform it smoothly.
 Use movement in different directions and planes, including forward/backward, side-to-side and twisting motions.
 Work collaboratively with others to create a group movement sequence with clear starting and finishing positions.
 Create movements that reflect emotions or ideas inspired by music or other stimuli.
 Develop flexibility through regular movement and dance activities.
 Begin to recognise and count beats in music, including counting in sets of eight.
 Learn about influential dancers, such as understanding that Anna Pavlova was an important ballerina known for performing around the world.

Key Vocabulary

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| travel | moving from one place to another using actions like walking, sliding, skipping or leaping |
| turn | spinning or rotating the body around a central point, either on the spot or while moving |
| jump | pushing off the ground using the legs so the body lifts into the air and lands safely |
| levels | different heights: high, medium, and low |

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| sequence | a series of movements linked together in a set order |
| twisting | turning parts of the body in different directions, such as shoulders and hips moving separately |
| co-operation | working together with others by sharing ideas, taking turns and helping the group |
| expression | showing feelings or ideas through the way you move |

Progression in Resources

videos: demonstrations and tutorials
 images of gladiators and amphitheatres
 throw-down spots
 gladiators music

Relevance

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| Now | Children learn how to move confidently, work with others and enjoy expressing themselves through dance. |
| Future | These skills help them with more advanced PE, teamwork, rhythm and coordination as they grow. |
| Aspiration | Learning about inspiring dancers helps children see that they can achieve their goals and be creative in many different ways. |