

# BRUNSHAW PRIMARY SCHOOL



Inspiring children to be resilient and aspirational learners, within a positive and considerate community

| Subject: PE                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                     | Year group: One Term: Summer 1                                                                                                                                                                                                                                                                                                                      |  | Title: Dance                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| <p><b>What should I already know?</b></p> <p><b>I should know that...</b></p> <ul style="list-style-type: none"><li>• My body can move in different ways.</li><li>• That there are many types of movements and that Music has rhythm.</li><li>• That my body may have limits of what it can achieve</li></ul> |                                                                                                                                                                                                     | <p><b>Facts I will learn ....</b></p> <ul style="list-style-type: none"><li>• Children should be taught to perform dances using simple movement patterns.</li><li>• Use movement imaginatively, responding to stimuli, including music and performing basic skills</li><li>• Change rhythm, speed, level and direction of their movements</li></ul> |  | <p><b>In KS2 you will learn to:</b></p> <ul style="list-style-type: none"><li>• Copy and repeat routines in short phrases and perform with confidence.</li><li>• Create short sequence of movements showing imagination and</li><li>• creativity, linking phrases smoothly.</li><li>• Explore and perform actions creatively in response to music stimulus.</li><li>• Demonstrate the ability to move fluently with variation in speed, height and direction.</li><li>• Create and perform routines for different dance styles.</li><li>• Analyse others performances and their own, identifying</li><li>• strengths and areas of their performance they would improve.</li></ul> |                          | <p><b>Key questions .....</b></p> <ul style="list-style-type: none"><li>• Can I move to the rhythm of the music?</li><li>• Can I effectively use the space provided?</li><li>• Can I sequence moves to music?</li><li>• Can I put simple actions together?</li><li>• Can you change the way your body moves?</li><li>• Can you move different parts of your body at the same time?</li><li>• Can you copy an action or movement as part of a routine?</li></ul> |
| <p><b>Key Skills.....</b></p> <ul style="list-style-type: none"><li>• To effectively use all the space around you.</li><li>• To use clear creative and emotive body language.</li><li>• To tell a story of your dance through sequencing and routine?</li></ul>                                               | <p><b>Safety</b></p> <p>Remove all jewellery including earrings.<br/>Long hair must be tied back.<br/>Wear suitable footwear.<br/>Use correct techniques.<br/>Complete a warm-up and cool-down.</p> | <p><b>Experiences that school will provide:</b></p> <p>Outside coaching, after school clubs, competition</p>                                                                                                                                                                                                                                        |  | <p><b>Key vocab</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <p><b>Definition</b></p> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

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| <ul style="list-style-type: none"><li>To move to the rhythm of music</li></ul>                                                                                                                              |                                                                                                                                                                                 |                                                                                                     | <table><tr><td>Speed</td><td>The rate at which someone moves.</td></tr><tr><td>Routine</td><td>When lots of shapes and movements join together to make a dance.</td></tr><tr><td>Balance</td><td>To stay still and steady in a position or shape.</td></tr><tr><td>Control</td><td>To dance without losing your balance, change the speed and direction you move.</td></tr><tr><td>Direction</td><td>The way you move:<br/>Forwards, backwards, sideways, up and down.</td></tr><tr><td>Mood</td><td>How a character or person feels.</td></tr><tr><td>Facial expression</td><td>Using your face to show how you feel:<br/>Happy, sad, upset, angry.</td></tr><tr><td>Interpretation</td><td>When somebody explains and demonstrates their understanding of an image, piece of writing or music.</td></tr><tr><td>Fluency</td><td>To be able to move with ease and gracefulness.</td></tr><tr><td>Phase</td><td>A section of a dance routine.</td></tr><tr><td>Timing</td><td>Moving to the beat or rhythm within a piece of music.</td></tr><tr><td>Theme</td><td>The topic of the dance or story such as:<br/>adventure, horror, cultural, futuristic.</td></tr><tr><td>Motif</td><td>A short phrase of movements.</td></tr><tr><td>Gesture</td><td>Movements of the body to show how you feel.</td></tr><tr><td>Stamina</td><td>The ability to take part in physical activity over a period of time.</td></tr></table> | Speed | The rate at which someone moves. | Routine | When lots of shapes and movements join together to make a dance. | Balance | To stay still and steady in a position or shape. | Control | To dance without losing your balance, change the speed and direction you move. | Direction | The way you move:<br>Forwards, backwards, sideways, up and down. | Mood | How a character or person feels. | Facial expression | Using your face to show how you feel:<br>Happy, sad, upset, angry. | Interpretation | When somebody explains and demonstrates their understanding of an image, piece of writing or music. | Fluency | To be able to move with ease and gracefulness. | Phase | A section of a dance routine. | Timing | Moving to the beat or rhythm within a piece of music. | Theme | The topic of the dance or story such as:<br>adventure, horror, cultural, futuristic. | Motif | A short phrase of movements. | Gesture | Movements of the body to show how you feel. | Stamina | The ability to take part in physical activity over a period of time. |
| Speed                                                                                                                                                                                                       | The rate at which someone moves.                                                                                                                                                |                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |                                  |         |                                                                  |         |                                                  |         |                                                                                |           |                                                                  |      |                                  |                   |                                                                    |                |                                                                                                     |         |                                                |       |                               |        |                                                       |       |                                                                                      |       |                              |         |                                             |         |                                                                      |
| Routine                                                                                                                                                                                                     | When lots of shapes and movements join together to make a dance.                                                                                                                |                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |                                  |         |                                                                  |         |                                                  |         |                                                                                |           |                                                                  |      |                                  |                   |                                                                    |                |                                                                                                     |         |                                                |       |                               |        |                                                       |       |                                                                                      |       |                              |         |                                             |         |                                                                      |
| Balance                                                                                                                                                                                                     | To stay still and steady in a position or shape.                                                                                                                                |                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |                                  |         |                                                                  |         |                                                  |         |                                                                                |           |                                                                  |      |                                  |                   |                                                                    |                |                                                                                                     |         |                                                |       |                               |        |                                                       |       |                                                                                      |       |                              |         |                                             |         |                                                                      |
| Control                                                                                                                                                                                                     | To dance without losing your balance, change the speed and direction you move.                                                                                                  |                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |                                  |         |                                                                  |         |                                                  |         |                                                                                |           |                                                                  |      |                                  |                   |                                                                    |                |                                                                                                     |         |                                                |       |                               |        |                                                       |       |                                                                                      |       |                              |         |                                             |         |                                                                      |
| Direction                                                                                                                                                                                                   | The way you move:<br>Forwards, backwards, sideways, up and down.                                                                                                                |                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |                                  |         |                                                                  |         |                                                  |         |                                                                                |           |                                                                  |      |                                  |                   |                                                                    |                |                                                                                                     |         |                                                |       |                               |        |                                                       |       |                                                                                      |       |                              |         |                                             |         |                                                                      |
| Mood                                                                                                                                                                                                        | How a character or person feels.                                                                                                                                                |                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |                                  |         |                                                                  |         |                                                  |         |                                                                                |           |                                                                  |      |                                  |                   |                                                                    |                |                                                                                                     |         |                                                |       |                               |        |                                                       |       |                                                                                      |       |                              |         |                                             |         |                                                                      |
| Facial expression                                                                                                                                                                                           | Using your face to show how you feel:<br>Happy, sad, upset, angry.                                                                                                              |                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |                                  |         |                                                                  |         |                                                  |         |                                                                                |           |                                                                  |      |                                  |                   |                                                                    |                |                                                                                                     |         |                                                |       |                               |        |                                                       |       |                                                                                      |       |                              |         |                                             |         |                                                                      |
| Interpretation                                                                                                                                                                                              | When somebody explains and demonstrates their understanding of an image, piece of writing or music.                                                                             |                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |                                  |         |                                                                  |         |                                                  |         |                                                                                |           |                                                                  |      |                                  |                   |                                                                    |                |                                                                                                     |         |                                                |       |                               |        |                                                       |       |                                                                                      |       |                              |         |                                             |         |                                                                      |
| Fluency                                                                                                                                                                                                     | To be able to move with ease and gracefulness.                                                                                                                                  |                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |                                  |         |                                                                  |         |                                                  |         |                                                                                |           |                                                                  |      |                                  |                   |                                                                    |                |                                                                                                     |         |                                                |       |                               |        |                                                       |       |                                                                                      |       |                              |         |                                             |         |                                                                      |
| Phase                                                                                                                                                                                                       | A section of a dance routine.                                                                                                                                                   |                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |                                  |         |                                                                  |         |                                                  |         |                                                                                |           |                                                                  |      |                                  |                   |                                                                    |                |                                                                                                     |         |                                                |       |                               |        |                                                       |       |                                                                                      |       |                              |         |                                             |         |                                                                      |
| Timing                                                                                                                                                                                                      | Moving to the beat or rhythm within a piece of music.                                                                                                                           |                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |                                  |         |                                                                  |         |                                                  |         |                                                                                |           |                                                                  |      |                                  |                   |                                                                    |                |                                                                                                     |         |                                                |       |                               |        |                                                       |       |                                                                                      |       |                              |         |                                             |         |                                                                      |
| Theme                                                                                                                                                                                                       | The topic of the dance or story such as:<br>adventure, horror, cultural, futuristic.                                                                                            |                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |                                  |         |                                                                  |         |                                                  |         |                                                                                |           |                                                                  |      |                                  |                   |                                                                    |                |                                                                                                     |         |                                                |       |                               |        |                                                       |       |                                                                                      |       |                              |         |                                             |         |                                                                      |
| Motif                                                                                                                                                                                                       | A short phrase of movements.                                                                                                                                                    |                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |                                  |         |                                                                  |         |                                                  |         |                                                                                |           |                                                                  |      |                                  |                   |                                                                    |                |                                                                                                     |         |                                                |       |                               |        |                                                       |       |                                                                                      |       |                              |         |                                             |         |                                                                      |
| Gesture                                                                                                                                                                                                     | Movements of the body to show how you feel.                                                                                                                                     |                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |                                  |         |                                                                  |         |                                                  |         |                                                                                |           |                                                                  |      |                                  |                   |                                                                    |                |                                                                                                     |         |                                                |       |                               |        |                                                       |       |                                                                                      |       |                              |         |                                             |         |                                                                      |
| Stamina                                                                                                                                                                                                     | The ability to take part in physical activity over a period of time.                                                                                                            |                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |                                  |         |                                                                  |         |                                                  |         |                                                                                |           |                                                                  |      |                                  |                   |                                                                    |                |                                                                                                     |         |                                                |       |                               |        |                                                       |       |                                                                                      |       |                              |         |                                             |         |                                                                      |
| <p><b>Web links</b></p> <p><a href="https://www.sandersondance.co.uk/">https://www.sandersondance.co.uk/</a></p> <p><a href="https://www.bbc.co.uk/primarydance">https://www.bbc.co.uk/primarydance</a></p> | <p><b>Inspiring Athlete</b></p>  <p><b>Amy Dowden – Strictly Come Dancing Professional</b></p> | <p><b>Experiences that could be provided at home...</b></p> <p>Watching competitions and events</p> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |                                  |         |                                                                  |         |                                                  |         |                                                                                |           |                                                                  |      |                                  |                   |                                                                    |                |                                                                                                     |         |                                                |       |                               |        |                                                       |       |                                                                                      |       |                              |         |                                             |         |                                                                      |