



Physical Education

Dance: Ourselves

Unit Purpose

The unit of work will enable pupils to explore creating **simple movement sequences**. Pupils will respond to words and music using their bodies and props.

Pupils will explore movements such as creeping, tiptoeing and hiding as they try becoming different characters.

Inspire Me

Did you know... Babies are born with approximately 300 bones, but as we grow some of these bones fuse together and by the time we are adults we have only 206 bones in our body.



Key Success Criteria

- P** Pupils will move their bodies with big actions linked to the idea of 'ourselves'.
- C** Pupils will develop their curiosity and imagination as they experiment moving in different ways.
- S** Pupils will demonstrate life skills such as empathy as they listen to ideas and watch others as they perform.
- W** Pupils will develop their self belief as they move and travel with confidence.

Vocabulary for Learning

Champion Dancers: Champion dancers can move with control, respond to the rhythm and move in relation to the music.

Beat: The beat is the basic unit of time used to count the notes of the music or sound that a dancer is moving to. Dancers usually move on the beat (counts 1, 2, 3, 4).

Moving: means using a variety of body parts to move around the space in a creative way.

Control: means moving our bodies in time with the music, beat or sound.

Rhythm: is a repeated pattern of movements or sounds.



Sport Specific Vocabulary

Timing: In dance, timing refers to moving to the beat of the music.

Sequence: This is a combination of controlled movements that have been added together in a particular order.

Opposite: refers to when something is totally different from or the reverse of something else. For example, the opposite to slow is fast.

