



# Physical Education

## Dance: Growing

### Unit Purpose

The unit of work will challenge pupils to respond to **rhythm** and patterns through their movements. Pupils will learn how to **control** and **co-ordinate** their bodies to perform a **motif**.

In addition, pupils will explore various dynamics and movement qualities as they create **movement patterns**.

### Inspire Me

**Did you know...** The flower with the world's largest bloom is the *Rafflesia arnoldii*. This rare flower is found in the rainforests of Indonesia. It can grow to be 3 feet across and weigh up to 15 pounds!



### Key Success Criteria

- P** Pupils can move in relation to the music and respond with appropriate movements and actions. Pupils can ensure their movements are big and clear.
- C** Pupils will develop their curiosity and imagination as they demonstrate appropriate ideas for moving.
- S** Pupils can demonstrate fairness as they work well with others, ensuring everyone is included.
- W** Pupils will be able to develop their honesty skills as they give feedback to others describing their performances.

### 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.

