

Topic: Dance Unit 2

Year: 3

Strand: perform dances using a range of movement patterns

Subject: PE

What should I already know/can do?

- Explore creating characters and narratives
- Choose and link actions to create a dance phrase
- Perform as two different characters
- Perform learnt moves and add in my improvisations
- Perform in dance using levels and directions
- Include a prop in my dance
- Work with others to improve a short routine
- Incorporate facial expression into a dance phrase
- Describe ways to improve self and others performances
- Perform to an audience
- Describe and evaluate features in a dance

National Curriculum

- Develop and perform simple routines
- Perform to an audience
- Develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement
- Enjoy communicating, collaborating and competing with each other.
- Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success

What will I know/can do by the end?

1. Perform a dance phrase inspired by the ocean's depth. Work with a partner to represent different creature.
2. Use improvisation to create a longer movement phase.
3. Explain what dynamics are. Use dynamics in a short group dance to show travelling the ocean.
4. Perform as a class to show the damage that can be caused by the ocean. Dance as part of a group, on my own and with a partner.
5. Work as a group to develop a dance representing the ocean.
6. Prepare a group dance for the final performance. Perform a start and finish position. Link movement phrases

Vocabulary

solo	To perform on your own
Duo	To perform with a partner
dynamics	expresses the way in which shape of movement is executed
energetic	how the movement happens. Choices about energy include variations in movement flow and the use of force, tension, and weight. An arm gesture might be free flowing or easily stopped, and it may be powerful or gentle, tight or loose, heavy or light.
phrases	A brief sequence of related movements
timings	the movement of dancers through time relating to the music, tempo, meter, or rhythm
improvise	creating movement, without pre-planning any steps or choreography. Dancers move freely, without relying on set movement patterns.
partner work	used for a particular dance style is generally focused on either communication between partners or physical support of one partner by the other
shape	refer to individual body shapes (the way in which 3-dimensional space is used by the body) and group shapes. Body shapes are present in all actions in dance.
strong	the ability of a muscle or a group of muscles to exert a force against a resistance in one all-out effort

