PE

Dance - KS1

Key Vocabulary

travel	follow
speed	level
control	movement patterns
repeat	direction
rhythm	practice
respond	remember

Key Knowledge and Skills

Children will learn:

- To use space and have an awareness of others around them.
- To move in different directions high and low.
- To travel rhythmically on feet, hopping, skipping, galloping, tip toe.
- To respond to a range of stimuli-music, instruments, motifs.
- To remember and repeat movement phrases and patterns with some level of control and coordination.
- To perform a dance which has a simple structure with a partner or small group.

Key Questions & Physical Wellbeing

- How can you change the rhythm of a dance?
- Why do we repeat actions and patterns?
- How do we feel after travelling energetically?

Themes

Year 1	Year 2
Streamers	The Cat
Conkers	Balloons
Playing with a ball	Reach for the Stars
Fog and Sunshine	Friends
Washing Day	Bubbles
	Shadows

Equipment

- floor markers
- music CD
- instruments
- visual stimuli

