

KSI Autumn 2 – Dance

Lesson 1

LO: To be able to dance with an object.

Lesson 2

LO: To work with a partner and an object.

Lesson 3

LO: To be able to move in different ways.

Lesson 4

LO: To make different shapes with my body.

Lesson 5

LO: To make different shapes with others.

Lesson 6

LO: To dance in different formations.

Progression Strands

Demonstrates basic running movements and applies them in a range of physical activities
 Demonstrates basic jumping movements and applies them in a range of activities
 Dribbles around objects, keeping the ball close whilst jogging
 Passes a ball to a partner with some accuracy
 Demonstrates basic throwing and catching movements and applies them in a range of physical activities
 Bounces and catches a big ball with a partner
 Hits a small ball with a racquet/bat from a further distance
 Visually tracks an approaching ball
 Applies balance, agility and co-ordination in a range of physical activities
 Copies, remembers and repeats simple actions, varying speed and levels
 Performs dances using simple movement patterns
 Adopts an appropriate starting position
 Employs a controlled and appropriate finishing position

Explains how to use the equipment safely
 Gives one reason why they need to warm up and cool down
 Comments on the differences in the speed of their heartbeat after exercise

Vocabulary	Meaning
Firework	A firework is an explosive pyrotechnic device that is used mostly for entertainment. The most common use of a firework is as part of a fireworks display.
Streamer	A long narrow coiled ribbon of coloured paper that becomes unrolled when tossed.
Balance	An even distribution of weight enabling someone or something to remain upright and steady.
Motif	A reoccurring feature in a dance that is adapted.
Choreography	The sequence of steps and movements in a dance.
Unison	When more than one dancer performs the same steps at the same time.
Canon	When movements are introduced by one dancer and then repeated by another dancer.
Mirroring	Where movements are performed by two people as though looking in a mirror. One partner leads and the other follows.
Coordination	Where movements of the body work together with the beat of the music.
Compose	To arrange movements and actions in a sequence