

LKS2 Autumn 2 – Dance

Lesson 1

LO: To create a short dance, inspired by rainforests.

Lesson 2

LO: To adapt movement phrases to vary the length of a dance.

Lesson 3

LO: To combine movement phrases of different speeds in a dance

Lesson 4

LO: To use dance vocabulary to evaluate and improve a dance performance.

Lesson 5

LO: To develop movement phrases to create a dance sequence that represents the rainforest.

Lesson 6

LO: To use dance vocabulary to improve the sequence and performance of a dance.

Progression Strands

Changes pace when running in response to play/others
Demonstrates different combinations of jumps with control
Combines different jumps with control
Throws and catches with more accuracy
Hits a small ball over a net using a firm wrist with some consistency
Passes a ball over a short distance (<5 m), a mid-range distance (5–10 m), and a longer distance (>10 m)
Changes level, direction and pace during dance
Puts some technical movements in an order to make a sequence
Explains how their routine varies from another's
Performs skills and techniques with control, precision and fluency
Links and varies ideas with control and co-ordination

Applies safety considerations when participating in an activity/using equipment
Understands working safely
Identifies the parts of the body some exercises affect

Vocabulary	Meaning
Compose	To arrange movements and actions in a sequence
Choreography	The sequence of steps and movements in a dance.
Balance	An even distribution of weight enabling someone or something to remain upright and steady.
Canon	When movements are introduced by one dancer and then repeated by another dancer.
Coordination	Where movements of the body work together with the beat of the music.
Improvise	To create and perform a dance spontaneously or without preparation.
Sequence	To put moves together
Precision	The quality, condition, or fact of being exact and accurate.
Control	When you hold positions carefully. Tense your muscles to help control your movements and balances.
Levels	Movements take place on three levels: high, middle, and low or deep level.
Dynamics	how the dancer moves e.g., fast/slow, strong/light and where the dancer moves e.g., levels, direction and size of movements.
Rhythm	A strong, regular repeated pattern of movement or sound.