

## UKS2 Autumn 2 – Dance

### Lesson 1

LO: To perform the Charleston.

### Lesson 2

LO: To perform the Lambeth Walk.

### Lesson 3

LO: To perform the Lindy Hop.

### Lesson 4

LO: To plan an interpretive dance which tells the story of a wartime event.

### Lesson 5

LO: To perform an interpretive dance which reflects an aspect of WWII.

### Lesson 6

LO: To plan and perform in a WWII style dance party.

## Progression Strands

Uses running, jumping throwing and catching in isolation and in combination  
Demonstrates accuracy and technique in a range of jumping actions  
Passes and catches under pressure with consistent accuracy  
Catches and returns a ball from different heights and speeds mostly accuracy  
Adapts their techniques to different challenges/equipment  
Suggests how they can replicate a movement/technique with more accuracy/control  
Demonstrates flexibility, strength, technique, control and balance, e.g. within athletics and gymnastics  
Remembers a routine of 24+ counts  
Performs dances using a range of movement patterns

Demonstrates all round safe practice  
Accepts responsibility for their own safety  
Leads own warm up  
Lists equipment they need, explaining safety considerations of its use  
Identifies potential hazards, risks and dangers

Vocabulary	Meaning
Compose	To arrange movements and actions in a sequence
Choreography	The sequence of steps and movements in a dance.
Repeat	Do (something) again or more than once.
Canon	When movements are introduced by one dancer and then repeated by another dancer.
Expression	The action of making known one's thoughts or feelings.
Sequence	To put moves together
Technique	A way of carrying out a particular task.
Timing	Refers to moving to the beat of the music.
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.