



Key Vocabulary

Travel- To move to the music.

Mood- The style of the music, does it sound happy? Sad? Angry?

Flexibility- How much movement you have around a joint

Strength- being physically strong

Balance- To hold yourself upright and steady with an uneven weight distribution

Coordination- To be able to use different parts of the body at the same time

Repetition- To do something over and over again.

Spacial Awareness- To be aware of how much space you have and other people around you.

Rhythm- A strong repeated pattern of movement or sound.

Pace- speed of the music or dance

Flow- How you move from one place to another in a steady motion.

Overview/Prior Learning

Prior Learning
KS1: mastering basic movements

Cross Curricular Links

Science- The Human Body
PSHE- Healthy Active Lifestyles, Other Cultures

KS1 Dance: What is dance and how do other cultures dance?

In the Dance unit, we will explore different dances from other cultures, listen to the mood of music and develop our own rhythm in accordance to the flow of the music. We will develop our coordination, balance and special awareness by combining moves in sequences.

In this unit children will:

- Perform dances using simple movement patterns
- Lead and follow mirroring
- Use different body parts to move to music
- Move according to the pace of music
- Discuss what dance style would reflect the mood of a song.
- Develop special awareness
- Combine movements in a sequence

Health and Safety

- 1) Children will work to their own limits and not push themselves to the point of exhaustion.
- 2) Children will inform the teacher of any injuries at the beginning of lessons.
- 3) Children will either be bare foot for dance, long hair will be tied back and earrings will be taken out or taped.



Key skills covered

- Dynamic warm ups and static cool downs.
- Mirroring partner moves
- Copy a sequence of moves
- Combine dance moves to create a sequence
- Move in accordance with the pace and mood of music
- Listen to, learn and replicate dances from other cultures.

Key Questions

Why do countries have different dance styles?

What does a dance consist of?

How does dance improve my flexibility, balance, strength and coordination?

