

# PE

## Dance FS2

### Sticky skills

Basic movements

### Key vocabulary FS2

**Timing:** In dance, timing refers to moving to the beat of the music.

**Beat:** The beat is the basic unit of time used to count the notes of the music or sound that a dancer is moving to. Dancers usually move on the beat (counts 1, 2, 3, 4).

**Control:** means moving our bodies in time with the music, beat or sound.

**Sequence:** This is a combination of controlled movements that have been added together in a particular order.

**Opposite:** refers to when something is totally different from or the reverse of something else. For example, the opposite to slow is fast.

**Moving:** means using a variety of body parts to move around the space in a creative way.

### Learning Journey FS2

Responding in movement to words and music



Creating their own movements



Year 1



Responding to rhythm



Introduction to motifs

### Cognitive

Pupils will develop their curiosity and imagination as they experiment moving in different ways.

### Social

Pupils will demonstrate life skills such as empathy as they listen to ideas and watch others as they perform.

### Wellness

Pupils will develop their self-belief as they move and travel with confidence.

### Learning Objective / Focus

### Lesson Sequence Outline

FS2

**Session 1:** LO: to explore different movements using different parts of the body

**Focus:** Moving in sequence

**Session 2:** LO: to explore larger scale travelling movements

**Focus:** Responding in movement to words and music

**Session 3:** LO: to respond to words and music using their bodies and props

**Focus:** Moving with props and contrasting tempos

**Session 4:** LO: to create their own movement ideas relating to specific words

**Focus:** Creating their own movements

**Session 5:** LO: to explore different movements using qualities of movement.

**Focus:** Exploring opposites and creating simple movement sequences

**Session 6:** LO: to explore movements such as creeping, tiptoeing and hiding.

**Focus:** Working with a partner exploring character movements

### Dance: Ourselves

**Overview:** The unit of work will enable pupils to explore creating simple movement sequences. Pupils will respond to words and music using their bodies and props. Pupils will explore movements such as creeping, tiptoeing and hiding as they try becoming different characters.

**Physical:** Pupils will move their bodies with big actions linked to the idea of 'ourselves'.

*See session plans attached or log on to Complete PE to access relevant documents*

Below

End of unit assessment  
Met

Exceeding

