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| **Goonhavern Primary School** | | |
| **TOPIC: PE** | **YEAR: 3** | **STRAND: Dance** |

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| **What should I know already?** | **What will I know by the end of the unit?** |
| Move accurately in time with music’s rhythm and pace  How to show expressive qualities in dance moves  Show emotions and energy levels through dance  How to smoothly transition from each move  Perform different movements simultaneously with opposite hands and feet  Remember and repeat short dance sequences  How to choose movements that suit the music and dance idea  Create short sequences with a beginning, middle and ending  Express how different dance performances you’ve watched make you feel and why | Use movements to tell a narrative |
| Combine and link an increasing number of movements |
| To explore different shapes and movements ( sway, whirl, spiral, fall, leap) |
| Compose a short dance phrase in small groups |
| Perform, appreciate and evaluate each other’s work. |
| To improvise freely to translate stimulus. |
| Perform dances with an awareness of rhythmic, dynamic and expressive qualities. |
| Keep a flow to a dance phase without hesitating |
| **School Values** | |
| **Five Ways to Wellbeing** | |

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| **Vocabulary** | |
| Rhythm | Pattern and pace of music |
| pace | The speed |
| Energy levels | How much power |
| Emotion | feelings |
| Smooth | Without stopping/hestiating |
| Transition | Changing |
| Simultaneously | At the same time |
| Sequence | A collection of movements in a certain order |
| Control | Being able to manipulate |
| Pattern | The sequence where everything is the same |
| Narrative | A story |
| Improvise | Make up as you go along |
| Flow | Something that doesn’t stop |

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| **Image/diagram that helps me to articulate my knowledge/understanding** | **Investigate!** |
|  | Create, perform and share short dances based on well known narratives that may be being learnt in class/links to PSHE and narratives that show emotions and feelings  Build up to a performance for parents, school  Explore different music and how it make syou feel  Explore emotions and how we can show these through dance  Talk about improvisation  What is flow? Look at images and videos of rivers flowing and professional dancers, what’s the same? |