



P.E: Maypole Dancing

Skipping and moving in the same direction

You can travel clockwise or anti-clockwise, that means the other way.

You have to bend your knees and jump from one foot to the other.



Moving around the Maypole

You have to bend your knees and jump from one foot to the other.



Practising the Barbers pole.

If you get too close to the person in front, stop and let them get ahead, then try to move a bit slower.



If you skip too far, go back to your starting spot. Watching the person in front of you helps you to know when to move and when to stop.

Final sequence to music.

If you follow the music it means we can all skip at the same speed.



Watch the person in front of you to make sure we are all moving at the same speed.

PE

FLE YR2

Maypole Dancing



Our Endpoint

To perform the Barbers Pole Maypole Routine.

What we already know:

- Dances follow a sequence, similar to a pattern.
- We can move our bodies in different ways to match the music.

Culture Capital

- Knowing the importance and benefits of regular exercise and the need to warm up and cool down to prevent injury.
- Recognising a variety of traditional dance styles.

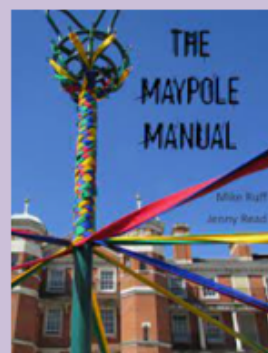
Subject Specific Vocabulary

Sequence	A series of movements done one after the other
Maypole	A maypole is a tall wooden pole erected as a part of various European folk festivals, around which a maypole dance often takes place.
Turn	A turn is a rotation of the body.
Skipping	Is a mode of movement springing from one foot to the other.

Forever Facts

I know Maypole dancing is a traditional folk dance.

I know that Maypole dancing is performed as part of many celebration traditions and festivals.

Exciting books**Skills**

- I can remember and repeat simple sequences.