

Cremyll Class

P.E

Autumn 2: 2021

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SEASONAL DANCES

# Creating dances inspired by: Winter.

Cannon moves are when I do something because you did something. Like the Mexican wave.



I'm cold in the winter so I will move slowly.



Shadow moves are when we do the same thing at the same time.



# Creating dances inspired by: Spring

In Spring I feel happy so I will move faster.



You can make a sequence by doing the same things.

You can use your arms to show the flowers growing.



# Creating dances inspired by: Summer



We can put lots of things together and make a sequence. We can keep repeating it to make a dance.

Summer makes me really excited so I'm going to do fast moves.



In the summer I like to go to the beach so I can pretend to be sunbathing or swimming.



# Creating dances inspired by: Autumn



I can move my arms like this (wave) to show the leaves falling down.

We can act pretend we are getting ready to go out.

Plants die in autumn so we could move slowly.





### Our Endpoint

A dance performance.

### Forever Facts

Dancers often create different shapes with their body to represent things like trees or animals.

Dancers use their arms to help them to control their jumps and spins.

When you dance to music, it is important to listen to the beat of the music so that you do not get faster or slower.

A canon effect means that we do the movement's one after each other.

There are four seasons in the year – Spring, Summer, Autumn and Winter.

### Culture Capital

Becoming confident in performing, developing skills to presenting to small groups or people.

Being able to critique our own performance and that of others.

### Exciting books



### Subject Specific Vocabulary

control	to be in charge of your body movements
coordination	the ability to use different body parts together smoothly
performance	The act of presenting your work to others
improvise	to create and perform without preparation
cannon	When you move in reaction to another person e.g. Mexican Wave
mirroring	completing the same movements as your partner

### What we already know

Movement through Story telling:

-Balance, strength and co-ordination all affect the way in which we move.

-Sequences are repeated in a set order.

### Skills

Explore copy and repeat simple actions and movements.  
Begin to move with increasing care and control.  
Begin to use rhythm in dance.  
Make a short dance sequence by putting some movements together.