

PE Dance
Autumn 2 2022
Class Cremyll
I can perform a dance.

In our first lesson we learnt the story of the gunpowder plot. We then practiced our quiet 'sneaking' movements and played games to stop and start quickly.

"We are very good at being sneaky!"

"You have to listen really carefully to know when to stop or you get caught!"

"When I get closer to the floor it's harder to move."



Next, we worked with a partner or in a small group to sequence 5 poses and transitions to show the plotters sneaking around with a prop.



For our next lesson, we took our poses and transitions from last week and worked on our synchronising skills.



For our final 2 lessons we practiced and performed our short dances based on the gunpowder plot in small groups and pairs. We sequenced 5 or more poses and transitions, and worked really hard to synchronise our movements.

"We used high and low poses to make it interesting."

"We would be good plotters. We can be quiet and work together."

"Everyone did really well! Enthusiasm for learning from everyone!"





Our Endpoint

Forever Facts

Keeping healthy means caring for your body so you have enough energy to learn, play and grow.

Regular sport and exercise help us to stay healthy.

We must dress appropriately for PE to ensure that others, and we are safe.

Stretching keeps the muscles flexible, strong and healthy.

Dancing is a form of exercise but doesn't always feel like it!

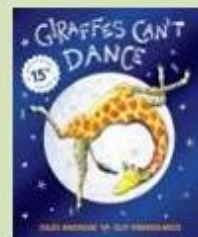
Previous learning

Balance skills

Coordination skills

Moving to music

Exciting Books



Personal development
Social – Giving peers space to move; watching peers perform
Spiritual – participate in 'musical' activities

Subject Specific Vocabulary

exercise	to be physically active
active	to move
control	to be in charge of your body movements
coordination	the ability to use different body parts together smoothly
balance	The distribution of weight to ensure that we are able to stand upright and steady
performance	The act of presenting your work to others

Skills

Copy and repeat simple skills and actions
Understand the importance of being active.
Talk about how to exercise safely.
Begin to move with increasing control and care
Link simple moves with increasing control and coordination