** Flamingos – PE – Dance**

***Key Skills:***

Physical:

* Travel, balance, co-ordination, copying and performing actions, using dynamics, pathways, expression and speed.

Social:

* Respect, consideration, sharing ideas, decision making with others.

Emotional:

* Acceptance, confidence.

Thinking:

* Creating, counting, observing and providing feedback.

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| ***Words to know and spell (Tier 2 Vocabulary)*** |
| Counts | Actions | Travel |
| Shape | Direction | Speed |
| Level | Space | Balance |
| Mirror | Timing | Pathway |

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| ***Words to understand and spell (Tier 3 Vocabulary)*** |
| **Dynamics** | How an action is performed, e.g. quickly, slowly, gently. |
| **Mirroring** | Reflecting the movements of another person as if they are a mirror image.  |
| **Unison** | Move at the same time as another person.  |

***Concept check questions. Test yourself:***

Are you proud of your performance?

What might you change about your performance next time?

How can you show a character or an idea through your dance?

How do you stay in time with the music?

What is unison?

What is mirroring?

***Key skills to do:***

* Accurately remember, repeat and link actions to express an idea.
* Develop an understanding of dynamics.
* Develop the use of pathways and travelling actions to include levels.
* Explore working with a partner using unison, matching and mirroring.
* Develop the use of facial expressions in their performance.

**Year 1 – PE – Autumn 1 – Heyford Park School**