



Frogs – PE – Dance

Key Skills:

Physical:

- Performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transition.

Social:

- Communication, inclusion, respect, leadership, consideration and awareness

Emotional:

- Empathy, confidence

Thinking:

- Creating, observing and providing feedback, and using it to improve.

Key skills to do:

- Choreograph planned dances by using, adapting and developing actions and steps from different dance styles.
- Confidently use dynamics to express different dance styles.
- Use direction and patterning to express different dance styles.
- Confidently use formations, canon and unison to express a dance idea.
- Perform dances expressively, using a range of performance skills, showing accuracy and fluency.

Words to know and spell (Tier 2 Vocabulary)



Structure	Space	Emotion
Mirroring	Levels	Actions
Timing	Relationship	Performance
Counts	Action	Reaction

Words to understand and spell (Tier 3 Vocabulary)

Canon	Performing the same movement one after the other.
Unison	Two or more dancers performing the same movement at the same time.
Formation	Where dancers are in relation to one another.
Dynamics	How a movement is performed e.g. robotically or softly.
Posture	The way you hold your body.
Choreograph	Planning the dance moves for a sequence.

Concept check questions. Test yourself:

What is choreography?

Why is it important to warm up before dancing?

How can you show feeling and emotions through dance?

Can you use key words in my feedback to other groups?