

P.E. Dance - Plants

Key Knowledge:

To develop balance and co-ordination.

To perform dances using simple movement patterns.

Key Skills:

Copy and repeat movements to form a simple motif.

Perform some actions in unison and canon.

Move their body showing some control.

Combine given movements to create a dance based on plants.

Create some appropriate body shapes and make some movements that show awareness of the music.

Perform them in unison with a partner.

Answer questions about their performance.

Vocabulary:

Canon - A movement or movements repeated successively (like a Mexican-wave effect).

Motif - A sequence of movements that link together to represent an idea

Unison - Identical movements performed at the same time by more than one person.

Travel - A basic action of movement, e.g. skipping, running, hopping, etc.

Speed - Performing dance moves in a slow, controlled manner and at a faster pace (while maintaining control) to create variety and interest and to perform in time to music that includes different tempos.

Levels - Performing dance moves at ground level, mid-level and high level (jumping) to create variety and interest

