

## Parsonage Farm Nursery and Infant School

Year 1

PE: Dance

Autumn 2

### Knowledge

- ❖ To know the meaning of dance terminology such as mirroring, improvisation, canon and unison.
- ❖ To know what some basic actions in dance are e.g: **travel, turn, jump, direction, level.**

### Skills

Children will be able to:

- ❖ Copy and repeat actions in time with the music.
- ❖ Make, hold and move about in different shapes and levels.
- ❖ Change between high and low, heavy and light, fast and slow movements
- ❖ Put a sequence of actions together to create a short motif.
- ❖ Vary the speed of their actions.
- ❖ Use simple choreographic devices such as **unison, canon and mirroring.**
- ❖ Begin to improvise independently to create a simple dance.
- ❖ Begin to perform learnt skills with some control e.g. as they travel, jump and spin.
- ❖ Perform using a range of actions and body parts with some co-ordination.
- ❖ Begin to say how they could improve.
- ❖ Watch and describe performances.

### Safeguarding

- ❖ Ensure appropriate warm-ups and cool downs.
- ❖ Follow the safety procedures recommended by Hampshire e.g., wearing of jewellery, carrying equipment safely, hair tied back, loose clothing.

### Prior Knowledge and Skills

- ❖ To know what some basic actions in dance are: **travel, turn, jump, direction, level.**
- ❖ To know that a dance is a planned sequence of actions.
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- ❖ Choose movements to add together to make a dance;
- ❖ Perform basic actions like: turning, rolling, jumping, travelling, making a shape and holding it.
- ❖ Change between fast and slow, heavy and light, high and low movements.



### Key Vocabulary

- ❖ barn dance
- ❖ unison
- ❖ canon
- ❖ mirroring
- ❖ motif
- ❖ travel
- ❖ improvise
- ❖ perform