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.

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.

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

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.