

PE – Dance

Year Two



Performance

Movement

Express

Phrase

Canon

Teamwork

Smart

Neat

By the end of this unit you will be able to compose short dances that express and communicate mood, ideas, and feelings.

## Important information



'Thriller' by Michael Jackson is the piece of music that you will create your own dance to.



Throughout the sequence of lessons you will learn a range of new vocabulary. As part of a team you will **choreograph** your own dance routine. Choreography is the art of designing a sequence of movements/actions that are used to perform a dance. You will use **dance phrases** to link a series of movements together to form part of the overall choreography of the dance. As a group, you will perform in **unison** which is performing the same action at the same time. As well as perform in **canon** which is when actions/movements are performed one person after another.



On your dance lesson day please make sure that you have taken out any earrings and left these at home. You should also remove watches and long hair should be tied back.

The PE kit you need is a white t-shirt and black shorts only.

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Lesson	Lesson Question	What you will learn	Learning Review
1	How can you move in different ways?	You will respond imaginatively to a range of stimuli. You will move confidently and safely in your own and general space, using changes of speed, level, and direction.	
2	Which simple movement patterns can you use to perform dances?	You will respond imaginatively to a range of stimuli. You will perform movement phrases using a range of different body actions and body parts – with control and accuracy.	
3	Which actions did you perform with control and coordination?	You will respond imaginatively to a range of stimuli. You will create linked movements, combining different ways of travelling, with beginnings, middles and ends.	
4	How did you communicate moods, ideas and feelings in your dance?	You will respond imaginatively to a range of stimuli. You will compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas.	
5	Can you describe phrases and expressive qualities?	You will respond imaginatively to a range of stimuli. You will explore, remember, and repeat short dance phrases, showing greater control and spatial awareness.	
6	Can you explain what was successful about your dance?	You will respond imaginatively to a range of stimuli. You will reflect on your dance, describing the phrases and expressive qualities.	