



Dance



PE
Year 1

How can we move like champion dancers?
Can we create movements to show actions, adding in balances?

Can I learn how to control and co-ordinate my body to perform a sequence of movements, including a balance as a villain?

Why do we need to perform with control? Can I respond to a rhythm, performing a range of controlled movements that represent a superhero and villain?

Can I extend my sequence whilst performing as my character?
Can I perform a range of controlled movements that demonstrate my superheroes' superpowers?

Can I move with expression? Moving with control, can I extend my movements to perform as a superhero and explore movements that represent a superhero rescuing/saving, someone/something?

Moving like champion dancers, can I create movements that show a problem a real life hero may face?

Celebration/Evaluation
To perform my dance in front of my peers.

Key Vocabulary
Champion Dancers
Rhythm
Beat
Control
Sequence
Motif

What to revisit?
EYFS Foundational Movement Skills