

PE Cycle LKS

Dance Year 3 Skills Street Dance with Nicola

Lesson 1

Can you copy and repeat actions in the style of street dance?

formation

Lesson 2

Can you create actions to move in contact with a partner?

interact

Lesson 3

Can you use formations, canon and unison?

canon

Lesson 4

Can you create actions to incorporate into your routine?

explore

Lesson 5

Can you remember, repeat and add a final action around your routine?

extend

Lesson 6 Assessment:

Can you piece your sequence together and perform in front of others?

feedback

What will we be learning about over the coming weeks?

PE Cycle LKS

Dance Year 4 Skills

The Spy, Carnival, States of Matter & The Twist

Lesson 1
The Spy L1 & L2

Can you copy and create actions using changes of space?

matching

Lesson 2
The Spy L3

Can you develop a dance using matching and mirroring?

mirroring

Lesson 3
Carnival L4 & L5

Can you learn and create dance moves to match a theme showing formations, canon and unison?

formation
canon
unison

Lesson 4
Carnival L6

Can you develop a dance phrase and perform as part of a class performance?

phrase

Lesson 5
States of Matter L7, 8 & 9

Can you use actions to order and structure phrases to create a dance performance?

structure

Lesson 6
The Twist L10, 11 & 12

Can you show energy and rhythm as you perform with a partner your own 60's inspired dance?

performance

What will we be learning about over the coming weeks?

PE Cycle UKS

Dance Year 5 Skills

Rock

Lesson 1
Rock 'n' Roll L4
& L5

Can you work with a partner copy and repeat movements in the style of rock 'n' roll?

choreography

Lesson 2
Rock 'n' Roll
L6

Can you work collaboratively with a group to choreograph a dance in the style of rock 'n' roll?

choreograph

Lesson 3
Ancient Maya
L7, L8 & L9

Can you develop set choreography inspired by a Mayan god?

collaborate

Lesson 4
Chinese Dance
L10

Can you use matching, canon and unison in the style of the lion dance?

transition

Lesson 5
Chinese Dance
L11 & L12

Can you use space and relationships to create a dragon dance?

posture

Lesson 6
Assessment:
Can you perform one of the routines you have learnt in front of others?

genre

What will we be learning about over the coming weeks?

PE Cycle UKS

Dance Year 6 Skills

Lesson 1
Stamp, Clap
L1, L2 & L3

Can you copy and repeat a dance phrase?

style

Lesson 2
Bhangra
L4, L5 & L6

Can you perform a bhangra dance, showing timing, formations and direction?

formation

Lesson 3
Waiting for...
L7, L8 and L9

Can you copy and create a dance phrase using actions, dynamics, space and relationships?

stimulus

Lesson 4
70's Disco
L10 & L11

Can you copy and repeat a phrase of movement in the 1970's disco style?

aesthetic

Lesson 5
70's Disco
L12

Can you choreograph a freeze frame montage in the 1970's style?

freeze frame

Lesson 6
Assessment:

Can you perform one of the routines you have learnt in front of others?

inspiration

What will we be learning about over the coming weeks?