PE **Theale Primary School**

Topics: Dance	Year: FS2/Y1

Key knowledge	
Autumn	
Spatial Awareness within a group	To know the importance of working in a circle and diagonally.
Self Awareness	To know how to make a specific shape with your body.
Skipping	To begin to experience simple dance techniques i.e. parallel retire.*(reh-tee-ray)*

Key knowledge	
Spring	
Bounces and jumps.	To understand how bending the knees (*plie*) impacts on the height of the jump and safety of landing.
Posture	To know what good posture is .i.e. Puppet Master.
Musicality	To know how to use music rhythms to cue movement I.e. The Name Game.

Key knowledge	
Summer	
Balancing	Being able to create and hold a body position without moving
Galloping	To learn and perform basic dance movement vocabulary
Isolation	To begin to understand how to move one/some body parts whilst the rest of the body is still i.e. "My Body"

Extended learning opportunity
Christmas Nativity provides a dance performance opportunity.

Cross curricular links
Music-. Using music to elicit a creative response. Responding to set rhythms individually and as a group
Drama – Awareness of audience. Beginning to understand stage directions. Voice projection and self-confidence during performance. Miming

Social Development- working together, treating each other with respect. Communication and Language- listening to and following instructions.

Key Vocabulary	
Stretch	To lengthen and elongate body and limbs.
Point/Flex	To stretch or bend ankles and toes to improve the line of the leg
Hopping	Take off and land on the same leg.
Skipping	To step and hop repeatedly in a controlled manner.
Safe landing	
Plie	
Good Posture	Standing up straight visualising a puppet string attached to the top of your head.
Balance	To be still in a position for a set period of time.
Sideways Galloping	Sideways travelling; step and spring.
Isolation	To move one specific part of the body while maintaining stillness in the rest