



Topics: Dance

Year: Y2 and Y3

Key knowledge	
Autumn	
Spatial Awareness within a group	To know the importance of working in lines and rotating to maximise dance space, using stage directions to assist.
Musicality	To know how to identify the beat and walk in time using good posture and eyeline.
Galloping	To develop the ability to gallop sideways while using the correct position according to audience.

Cross curricular links
Music-. Using music to structure dance according to the rhythm. Drama – Awareness of audience. Understand more complex stage directions. Self -confidence during small group performance.

Key knowledge	
Spring	
Jump technique.	To understand how to flex, point and stretch feet and legs, without weight bearing. Floor work.
Posture	To know how to contract abdominals using the 'squeeze and stretch' exercise.
Use music to cue dance.	To learn to listen and count a musical phrase in order to come in on time, run for one bar, then balance or act for one bar.

Key Vocabulary	
Eyeline	Holding head correctly and performing with focus and purpose
Stage directions for walls	The stage directions right/left refer to the performers right and left. Upstage and downstage refer to the back and front of the stage.
Stage directions for corners	The stage direction for corners combines the terminology for the walls. i.e. upstage right refers to the back right corner.
Abdominals	Group of muscles that support the core and are vital for good posture.
Contract	Become shorter and tighter to enable movement.
On diagonal	Moving diagonally across the space to maximise its use.
Stretch	To lengthen and elongate body and limbs
Point/Flex	To stretch or bend ankles and toes to improve the line of the leg
Side opposition	Holding arms out straight to the side at shoulder height and palms down.
Parallel arm swings	Low coordinated swing of the arms in parallel.
Opposition arm swing	Low apposing swing of arms; right arm is forward when left arm is back.
Isolation	To move one specific part of the body with attack whilst maintaining stillness in the rest.

Key knowledge	
Summer	
Arms	Being able to lift arms correctly into side opposition. Awareness of when to use parallel or opposition arm swings.
Skipping in formation	To understand how to move in various formations; circle, square, figure of eight.
Isolation	To build on existing isolation skills to create a dance. i.e. Jazz Amalgamation.

Extended learning opportunity
School Production to apply learned skills and knowledge.