

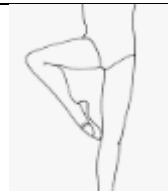
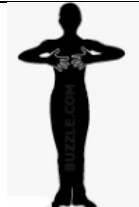
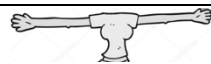
Topics: Dance

Year: year 4/5

Key knowledge	
Autumn	
Step ball change.	To know how to perform this linking and travelling step.
Front kicks	To know how to perform a technically proficient front kick on the floor and subsequently standing.
Split runs	To develop the ability to leap with both legs fully extended and feet stretched.

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	
Tendu	To extend one leg from standing to the front, side or back with a fully stretched knee and foot.
Pas de bouree	To know how to perform this linking and travelling step.
Turning technique	To learn to turn using the correct head technique; spotting.

Key Vocabulary	
Step ball change	To travel using a step and gallop
Front kick	To lift fully extended leg with attack whilst maintaining posture and keeping supporting leg stretched.
Split run	To leap with both legs fully extended and feet stretched.
Tendu	To extend one leg from standing to the front, side or back with a fully stretched knee and foot.
Pas de bouree	To step behind, side and front.
spotting	Having identified a spot on which to focus, the head is the last thing to leave the front and the first thing to return.
retire	
Flick kicks	A kick that starts in retire fully extends with attack and rebound to retire.
Jazz first arms	
Jazz second arms	

Key knowledge	
Summer	
Flick kicks	To know how to perform a technically proficient flick kick with correct dynamic and beginning and ending in retire (<i>reh-tee-ray</i>)
Arms	To know which arms to use in coordination with key movements i.e. Opposition arms with step ball change and walking; parallel arms with sideways gallops and jumps.
Isolation	To use isolation skills to create a more complex dance. i.e. Jazz Amalgamation.

Extended learning opportunity
Production Class performance