



Topics: Dance

Year: 6

Key knowledge	
Autumn	
Step ball change	To know how to combine this linking/travelling step with other steps to create student led choreography.
Forward stretch	To know how to perform a flat back stretch and develop awareness of the spine.
Isolations	To develop co-ordination and know how to isolate movement in different parts of the body.

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.
French- use of technical phrases and vocabulary.
PE- across all areas using skills to demonstrate expertise, and the ability to evaluate and improve performance.

Key knowledge	
Spring	
Abdominal Exercise	To learn how to safely strengthen abdominals and to understand why working the core is so important.
Pas de bourree (little running step)	To know how to combine this linking/travelling step with other steps to create student led choreography.
Turning technique	To improve turns using the correct head technique; spotting.

Key Vocabulary	
Step ball change	To travel using a step and gallop
Forward Stretch	To bend forward from the waist as far as possible whilst maintaining a straight back and knees.
Isolation	To use one part of the body (e.g. shoulder) whilst maintaining stillness in the rest of the body.
Abdominal "crunch"	To correctly use the abdominals to lift head and shoulders off the floor from a laying position.
Pas de bourree	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.
Leg stretching	To fully extend the leg from the hip including straight knees and stretched feet, either on the floor or in the air.
Front kicks	To perform a kick to the front, with both supporting and working leg held straight, whilst maintaining good posture, either on the floor or in the air.
Opposition arms	To swing straight arms to the front and back at 45 degrees in opposition
Parallel arms	To swing straight arms to the front and back at 45 degrees in parallel
Jazz first & second arms	 

Key knowledge	
Summer	
Leg Stretching and front kicks	To know how to perform a technically proficient front kick with a straight leg.
Arm positions and movements	To know the basic jazz arm positions – opposition, parallel, 1 <sup>st</sup> and 2 <sup>nd</sup> .
Foot Control	To know how to perform a technically proficient jump with a safe landing through the foot.

Extended learning opportunity
Production Google classroom opportunities Man Made G and T