

What should I already know?

- Know that they can change direction when moving.
- Know that they can control their own body.
- Know what fluency, control and grace looks like.
- Be able to describe movement (up, down, side to side).
- Be able to copy a set of movements.
- Be able to balance and hold a pose.

Key Knowledge

- Dances are performed using simple movement **patterns**. These can be movements that are repeated.
- Dances include **travelling** in different **directions** and performing different actions such as turning and jumping.
- You can change **direction** effectively by turning using **balance**.
- Dances can include **travelling** around a space and performing movements at different **speeds**.
- Actions and movements are linked to the timing and **rhythm** of music.
- Examples of some popular dances are: **The Macarena**, **The Birdy Song** and **The Conga**. All of these dances are usually performed in a group where everyone is doing the same repeated movements at the same time.

Key Vocabulary and definitions

Routine	A sequence of movements.
Pattern	In dance this means repeated movements.
Speed	How fast or slow.
Rhythm	How fast or slow dance movements are like the rhythm of music.
Direction	Which way you turn.
Balance	Holding a position or pose.
Flexible	Being able to bend your body in different ways.
Travel	Moving around a space.



Balance

Flexible



The Conga