

What should I already know?

- How to skip, hop and crawl.
- How and when to start and stop movements.
- How to follow instructions.

Key Vocabulary and definitions

Move	To change position or place.
Action	Something that is done for a specific purpose.
Direction	The course along which something moves.
Shake	To move from side to side or up and down with quick, short movements.
Bend	To move a part of your body so it is not straight.
High	When something is far from the ground.
Space	An area that is empty of people or things.
Count	To say numbers in order whilst doing actions.
Low	When something is close to the ground.
Twist	When something is turned upon itself, coiled or rotated.

Key Knowledge & Skills

- To be confident to try new challenges and perform in front of others.
- To combine movements fluently, selecting actions in response to the task.
- To negotiate space safely with consideration for myself and others.
- To follow instructions involving several ideas or actions.
- To show respect towards others when providing feedback.
- To use movement skills with developing strength, balance and co-ordination showing increasing control and grace.

This unit will develop the following skills:

- Social** work safely, respect, collaboration
- Emotional** independence, confidence
- Thinking** select and apply actions, creativity, exploration, recall, provide feedback

Ladder Knowledge



Actions:

Children will learn that they can move their bodies in different ways to create interesting actions.

Dynamics:

Children will learn that they can change the action to show an idea.

Space:

Children will learn that if they move into space it will help to keep themselves and others safe.

Performance:

Children will learn that when watching others they should sit quietly and clap at the end.

Strategy:

Children will learn that if they use lots of space, it will help to make their dance look interesting.