

### What should I already know?

- How to negotiate space safely.
- How to perform confidently in front of others.
- How to combine movements fluently.
- How to move with strength, balance and co-ordination.

### Key Vocabulary and definitions

Expression	Using movement and facial expression to show emotions and tell a story.
Perform	Showing a series of movements to an audience.
Create	To make your own dance by putting movements together.
Pathway	The patterns created by the body as a dancer moves through a space.
Timing	Moving to the beat of the music.
Level	How we use different heights in a space when dancing.
Counts	A sequence of movements linked to the beats of the music.
Speed	How fast or slow you are moving.
Mirroring	When dancers do the same travel, jump, shape or balance at exactly the same time.
Matching	When you perform actions or shapes that are similar but not exactly the same as another dancer's.

### Key Knowledge & Skills

- To begin to provide feedback using key words.
- To copy, remember, repeat and create dance phases.
- To describe how my body feels during exercise.
- To show a character and idea through the actions and dynamics I choose.
- To use counts to stay in time with the music.
- To work with a partner using mirroring and unison in actions.
- To show confidence to perform.

This unit will also help you to develop other important skills.

<b>Social</b>	respect, collaboration, work safely, communication
<b>Emotional</b>	independence, confidence, perseverance, determination
<b>Thinking</b>	provide feedback, comprehension, reflection, observation, creativity

### Optional Home Learning

## Newspaper Dance



**What you need:** 1 or more players, a sheet of newspaper per player, a music track, someone to press stop.

#### How to play:

- Each player begins standing on a large piece of newspaper.
- When the music plays move off the newspaper and dance around the space.
- When the music stops stand on the newspaper. Players are not allowed to touch the floor.
- When successful reduce the size of the newspaper by folding it.
- Keep playing until you cannot stand without going out of the boundary.



### Ladder Knowledge



#### Actions:

Placing actions in a particular order will help you to tell the story of your dance.

#### Dynamics:

You can change the way you perform actions to show an idea.

#### Space:

You can use different directions, pathways and levels in your dance.

#### Relationships:

Use counts of 8. It will help you to stay in time with your partner and the music.

#### Performance:

Use facial expressions it will help to show the mood of your dance.