



Subject	PE	Theme	Indoor	Term	2-4
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What should I already know?

Gymnastics: How to travel in different ways and be able to balance using different parts of the body including hands and feet. How to perform a variety of jumps; taking off and landing with good control. How to create a sequence involving travelling and jumping both on the floor and on apparatus. Understand how to perform basic roll.

Knowledge

Gymnastics

- I know ways to travel on feet.
- I know different ways to travel on hands and feet.
- I know how to balance in a variety of ways using small body parts such as my toes.
- I know how to travel on different pieces of equipment.
- I know what a tuck, wide, curve and straight shape is.
- I know how to perform a tuck, wide, curve and straight shape using my body.
- I know how to perform a star, tuck and straight jump.
- I know what a sequence is.
- I know how to create a sequence using travelling and balancing skills.

Key Vocabulary

Travel - go from one place to another, typically over a distance of some length.
Balance - put (something) in a steady position so that it does not fall.
Tuck shape - a position adopted in which the knees are bent and the thighs are drawn close to the chest.
Wide shape - a shape that will cover a large area.
Curve shape - a shape that has a bend in it.
Straight shape - extending or moving uniformly in one direction only; without a curve or bend.
Sequence - a set of related events, movements, or items that follow each other in a particular order.

What should I already know?

Dance : How to perform a polished dance that has been rehearsed for an audience. How to create sequences as an individual, as part of a pair or small group using a repeated pattern. Use varied speeds and timing responding to the music. Understand techniques including mirroring, opposites and following the leader.

Knowledge

Dance

- I know what rhythm is and I demonstrate an understanding of this.
- I know how to experiment with moves using unison and cannon.
- I know how to dance using set formations, rhythm, marching and arm gestures.
- I know how to create an individual movement and then combine with others to create a sequence focusing on marching, formations and arm sequences and introduce the dance style of 'Waacking'.
- I know that I can work in a pair to select actions and make a repeated pattern.
- I know how to work as a small group to learn a specific set routines concentrating on timing.
- I know how to practise and perfect a synchronised performance to be filmed and evaluated.

Key Vocabulary

Rhythm - is any human movement included in the act of dancing.
Performance – presenting a sequence to an audience.
Creating a sequence – sequence dancing is a form of dance in which a pattern of movements is followed.
Unison - dancers performing the same movement at the same time.
Cannon – one dancer performs an action and then the next follows straight away with a slight overlap.
Set formation – dance that has set shapes or patterns that are followed.
Waacking - consists of moving the arms to the music beat, typically in a movement of the arms over and behind the shoulder.