



Subject	PE	Theme	Indoor	Term	2-4
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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 unison, canon, marching and set formations.

What should I already know?

Military Drill: Some benefits of exercise and the different skills involved in physical activity including, balance, flexibility, strength, agility and control. How to work individually and as part of a small group to perform movements whether that be in a team sport, gymnastics or dance.

Knowledge

Dance

- I know what rhythm is and I demonstrate an understanding of this.
- I know how to experiment with moves consistent with different decades of dance.
- I know how to dance using set choreography including Hand Jive, The Twist, Saturday Night Fever.
- I know how to create an individual movement and then combine with others to choreograph a routine that conveys emotion suggested by music and written stimulus.
- 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.

Knowledge

Military drill

- I know the benefits of exercise and the importance of good fitness.
- I know what it means to be flexible.
- I know what strength is and how to build strength over time.
- I know that it is important when fitness training to have good technique to prevent injuries.
- I know what it means to have good control.
- I know what it means to have good balance.
- I know how to perform a variety of fitness exercises to improve my upper body, core and lower body.
- I know how to march in single file ensuring everyone is completely disciplined and coordinated.
- I know as part of military drill, it is important to be in time and obedient to commands.

Key Vocabulary

Rhythm - is any human movement included in the act of dancing.

Performance – presenting a sequence to an audience.

Choreography - the sequence of steps and movements in dance.

Hand Jive - associated with music of the 1950s.. It involves a complicated pattern of hand moves and claps at various parts of the body,

The Twist - a dance done by swivelling the hips which became a worldwide dance craze in the early 1960s.

Saturday Night Fever – dance performed to iconic Bee Gee’s ‘Staying Alive’ track which epitomized the disco movement of the 1970s.

Key Vocabulary

Fitness – the condition of being physically fit and healthy.

Technique – the way an exercise is performed in order to target specific muscle groups.

Upper body – the part of the body above the waist.

Core – your abdominal muscles

Lower body – the part of the body below the waist.

Disciplined – showing a controlled form of behaviour

Coordinated – the ability to efficiently control, execute and direct your movements in relation to other factors

Obedient - willing to comply with an order or request