



P.E.

**Dance**  
(Simple Movement Patterns)

Year 1

Autumn Term 2

## Skills

- Perform basic body actions
- Perform a sequence with clear beginning middle and end
- Use different parts of the body singularly and in combination

## Key Knowledge

Perform basic body actions

Perform a sequence with clear beginning middle and end

Use different parts of the body singularly and in combination

## Sequence of Practical Experiences

respond, perform and link movements using a well-known nursery rhyme as the stimuli.

copy and explore basic body actions demonstrated by the teacher.

copy simple movement patterns from each other and explore the movement.

use simple dance vocabulary to describe movement.

use language associated with movement to evaluate and improve their dances.

## Statutory requirements

- perform dances using simple movement patterns.

## Prior Learning

- Copy and explore basic actions
- Begin to combine movements using different parts of the body
- Recognise a beginning and ending of a sequence
- Practise moving expressively and clearly
- Show some rhythmic intention in their movements
- Recognise and participate in simple action rhymes and dance stories

## Key Vocabulary

**words to describe travel and stillness**, e.g. gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue

**words to describe direction**, e.g. forwards, backwards, sideways

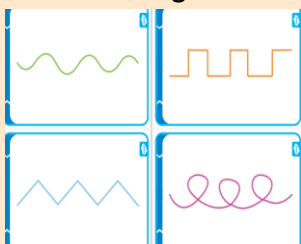
**words to describe space**, e.g. near, far, in and out, on the spot, own • beginning, middle, end

**words to describe moods and feelings** (expressive qualities), e.g. jolly, stormy

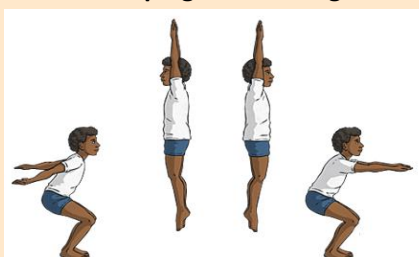
**words to describe the nature of movement** (dynamic qualities), e.g. fast, strong, gentle, fast, slow

## Techniques

### Travelling lines



### Jumping and Landing



### Heads, Hearts, Hands

