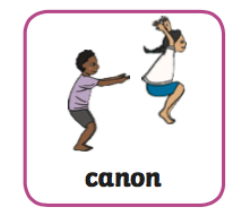
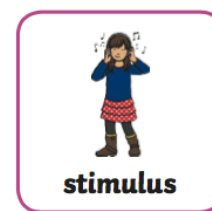
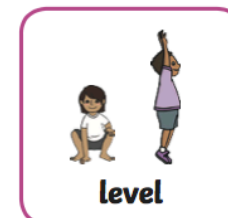
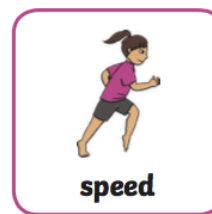




Year 4 Dance

Key vocabulary

Movement	Expressing an idea or emotion in a rhythmic way usually to music - running, jumping, throwing and catching.
Patterns	Dance moves or dances steps combined.
Stimuli	The starting point for a dance.
Control	Control means your body is doing what you minds wants it to.
Speed	The rate at which someone moves or is able to move. The word tempo can also be used.
Rhythm	A strong, regular repeated pattern of sounds or movements.
Levels	Perform a routine at a high, medium and low level.
Timing	Moving to the beat of music - sometimes timing movements with a partner.
Dynamic	The level of energy or force applied to th execution of the movement.
Facings	A dance position in which partners are facing each other.
Travel	A movement using a different step usually two or three side by side - forwards, sideways, backwards.
Direction	A progressive movement of the body.
Balance	Ability to remain upright and in a controlled position
Agility	Ability to move the body quickly and easily.
Moods and feelings	Body language can be used to exaggerate or expressing feelings - happy, calm, excited, sad, lonely
Weight bearing	The amount of weight a person puts on the body.



Identify and repeat movements patterns of a chosen dance style

Use dance vocabulary to compare and improve

Compose a dance that reflects the chosen dance

Can I do these things?

Perform a dance using a range of movement patterns.

Confidently improvise with a partner or on their

Compose a longer dance sequence in a small group.