



Year 3 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.



speed



timing



level



movement



stimulus



unison



canon



travel

Begin to improvise with a partner.

Create a short motif from different stimuli.

Change the level and speed to their actions.

Use simple dance vocabulary to compare and improve

Use simple choreographic devices such as unison, cannon and mirroring.

Begin to compare and adapt movements and motifs to create a larger sequence.

Can I do these things?