PE Year R /1

Topic - Dance : Seaside

What is this topic about?

This dance unit will be based on a trip to the seaside. Children will discuss, explore and depict their favourite activities at the seaside by creating a sequence of actions. Children will explore movements related to the sea and creatures that are found at the beach. Children will work as individuals, pairs, small groups and as a class to create a sequence which includes travel, jump, turn, gesture and stillness.



I will show my PE skills by…

Creating and linking actions.
Working with a partner and a group.
Creating a small sequence.
Taking on board other's ideas.
Repeating short dance phrases.
Linking movements through travel, jump and turn.

At the end of the Topic I will…

Be able to freeze on the spot for 4 seconds.
Know, remember and perform a simple dance with 3 parts.
Be able to mirror a large and small body shape.
Know a starting and ending position.
Know that passion is needed in dance.



KEY VOCABULARY





passion, safety, dance, freeze, shape, mirror, jump, turn, direction, speed, movement, partner, travel, action, sequence