

Year 1 Dance Curriculum Link: Perform dances using simple movement patterns		
Key Information	Learning	Key PE Skills
Unit	Previous Learning	Competing and Performing
<p>Subject Name: PE Year Group: 1 Term: 1 (H1) Unit Name: Dance</p> <p>Spiritual Development Through the study of Physical Education, children will develop an understanding of the importance of physical health and how this can promote positive emotional development. John 1:2 Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.</p>	<p>Physical Development</p> <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. <p>Personal, Social and Emotional Development</p> <ul style="list-style-type: none"> Work and play cooperatively and take turns with others Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. <p>Other</p> <ul style="list-style-type: none"> Create a short sequence of movements. Roll in different ways with control. Travel in different ways. Stretch in different ways. Jump in a range of ways from one space to another with control. Begin to balance with control. 	<ul style="list-style-type: none"> Engage in competitive activities and team games.
Big Ideas	Year 1 Learning	Health and Fitness & Preparation
<p>Perform dances using simple movement pattern.</p>	<ul style="list-style-type: none"> To begin to use simple choreographic devices such as unison, canon and mirroring. To copy and repeat actions. To vary the speed of their actions. To begin to improvise independently to create a simple dance. To put a sequence of actions together to create a motif loosely inspired by a stimulus. 	<ul style="list-style-type: none"> Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy.

Key Information	Learning	Key PE Skills
Vocabulary	Future Learning:	Evaluation and Communication
gallop skip jump hop spin bounce turn freeze space feeling balance repeat warm-up cool-down teamwork	<ul style="list-style-type: none"> • Use simple choreographic devices such as unison, canon and mirroring. • Copy, remember and repeat actions. • Change the speed and level of their actions. • Use different transitions within a dance sequence. • Move in time to music. • Improve the timing of their actions. • Create a short motif inspired by a stimulus. 	<ul style="list-style-type: none"> • Watch or describe performances of themselves and others - begin to say what went well and what didn't go well. • Follow simple rules to play games, including team games.
Glossary		
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