



**Key Vocabulary**

Dance	The rhythmic movement of the body (usually to music)
Mirror	Dancers reflect their partners movement exactly.
Motif	A single movement or short movement phrase which reflects the dance idea
Pathways	Trail in which a person moves from one place to another
Phrase	Two or more movements made together; series of movements
Unison	Dancers perform together at the same time
Creep	Move slowly and carefully
Step	To move one foot after another
Spin	To turn around.
Safely	To move around in a manner that does not harm themselves or others

PE Skills learnt prior to this unit

(EYFS):

- Move in response to music or rhythms played on an instrument.
- Increasingly be able to remember and use a sequence of movements.
- Experiment with different ways of moving and progress towards a more fluent style of movement.

PE Skills learnt in this unit

(Year 1):

- I can copy and explore basic body patterns and movements.
- I can remember simple dance steps and perform them in a controlled manner.
- I can choose actions and link them with sounds and music.
- I can safely perform teacher led warm-ups and can describe and discuss others work.



Did you know dance helps to develop teamwork, co-operation and resilience?