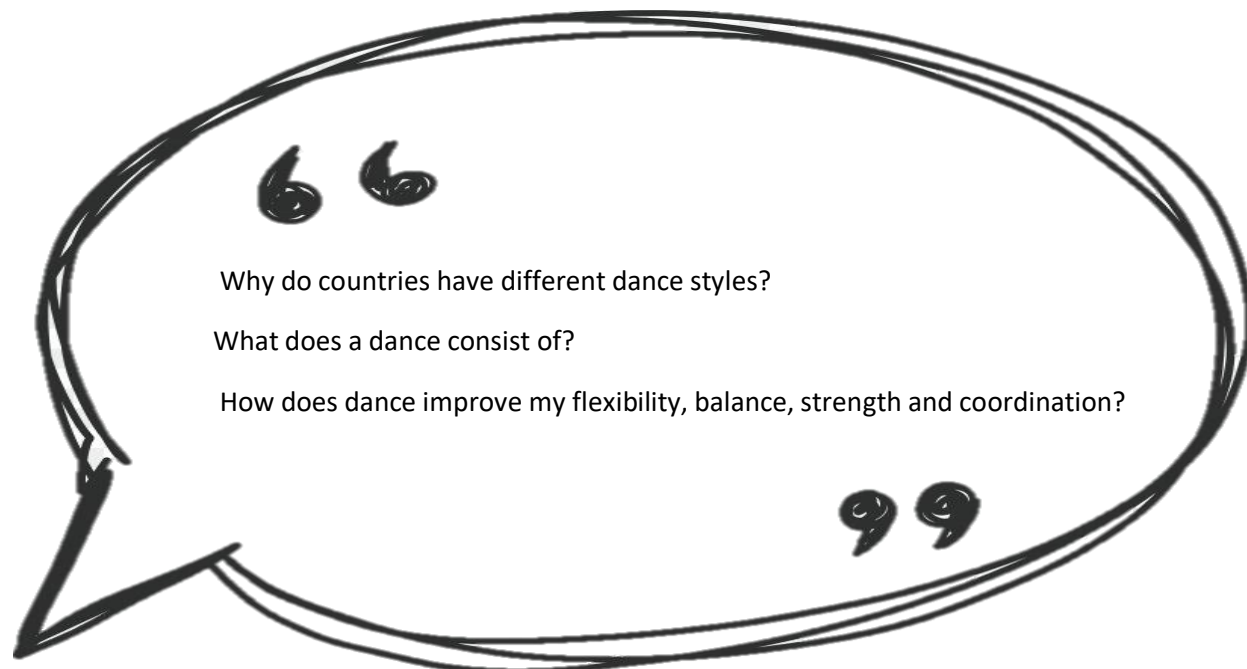


Key Vocabulary			
Travel	Mood	Flexibility	Strength
Balance	Coordination	Repetition	Spatial awareness
Rhythm	Pace	Flow	Control
Travel	Mood	Flexibility	Strength



In Year 1, you learnt : Dynamic warm ups and static cool downs.
Mirroring partner moves. To copy a sequence of moves and combine dance moves to create a sequence. To move in accordance with the pace and mood of music and to listen to, learn and replicate dances from other cultures.



Key facts	Key skills
What is dance and how do other cultures dance? In the Dance unit, we will explore different dances from other cultures, listen to the mood of music and develop our own rhythm in accordance to the flow of the music. We will develop our coordination, balance and special awareness by combining moves in sequences. Travel- To move to the music. Mood- The style of the music, does it sound happy? Sad? Angry? Flexibility- How much movement you have around a joint Strength- being physically strong Balance- To hold yourself upright and steady with an uneven weight distribution Coordination- To be able to use different parts of the body at the same time Repetition- To do something over and over again. Spacial Awareness- To be aware of how much space you have and other people around you. Rhythm- A strong repeated pattern of movement or sound. Pace- speed of the music or dance Flow- How you move from one place to another in a steady motion.	Carry out dynamic warm ups and static cool downs. Mirroring partner moves. Copy a sequence of moves. Combine dance moves to create a sequence. Move in accordance with the pace and mood of music. Listen to, learn and replicate dances from other cultures.