

| Key Vocabulary |         |                 |              |
|----------------|---------|-----------------|--------------|
| Step           | Gesture | Travel          | Freeze frame |
| Jump           | Turn    | Movement memory | Count        |
| Set            | Trigger | Unison          | Flexibility  |

### Types of dance

**Modern** - A free expressive style of dancing. **Ballet** - A highly technical and famous performance dance. Very precise movements. **Street** - Informal style involving a variety of athletic moves. Popular with young people. **Contemporary** - An expressive style that combines elements of several dance styles. **Ballroom** - Formal dances for partners such as Foxtrot, Waltz and Quickstep - can be seen on Strictly Come Dancing. **Latin** - Partner or group high energy dances, Samba, Cha Cha Cha. Can be seen on SCD. **Tap** - A more unusual dance. Tap is performed by creating rhythmic sounds using tap shoes which strike the floor to accompany the music.

### In Year 2, you learnt:

- To perform dances using simple movement patterns
- To lead and follow mirroring
- To use different body parts to move to music
- To move according to the pace of music
- To discuss what dance style would reflect the mood of a song
- To develop special awareness
- To combine movements in a sequence



I can learn and use a variety of body actions.

My movements are beginning to create a routine.

My dance routine is controlled by my chosen count 4, 8, 16 or 32.

I can see different styles on TV and know what they are.

| Key facts and skills                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                     |
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| <b>Basic body actions</b><br>Basic body actions are the foundations that help make up the movements of a dance routine. These include <b>step, gesture, travel, stillness, jump and turn</b> . By putting these together, in whatever order you choose to make it flow, you can create a simple dance routine very easily. | <b>Counts/Sets</b><br>Performing a movement/action needs to be done within a count and is usually over a count of <b>4, 8, 16 or 32</b> . By doing this it creates a structure and provides control to the routine as it keeps it looking good and not completely random!                           |
| <b>Timing</b><br>Timing can be either simply keeping the movements and <b>counts to accompany the music</b> or whether <b>a pair/group are in unison</b> . Keeping in time relies on the performer to <b>listen to the music</b> , keep the counts to the beat of the music and use their movement memory!                 | <b>Trigger</b><br>Knowing the trigger is important in both individual and group dances. A trigger can be a specific part of the music, someone else's specific movement which indicates the beginning of your movements. <b>Picking out specific parts</b> as a trigger helps remember the routine. |