



stretching



direction



hydrated



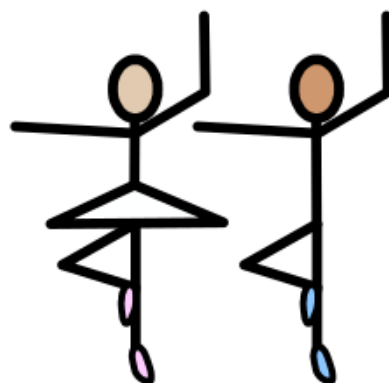
movement



dance



narrative



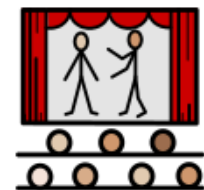
P.E - Dance - Year 1



aware



concentration



perform



music



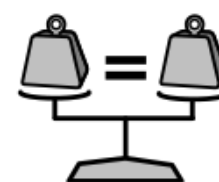
energetic



stopping





poise



balance

Y1 Physical Education: Dance – Topic Vocabulary Mat

Subject Specific Vocabulary		Relevant Pictures and Information	Exciting Websites
stretching	Moving a muscle to loosen and warm up for exercise.		https://www.bbc.co.uk/teach/school-radio/dance-ks1-ks2-step-by-step-dance-5-11-index/zspc3j6
direction	Body movement that goes various ways (up, down, left, right).		Pioneers and Role Models
hydrated	To have had enough water to participate in exercise.		 Andrew Coombs: Andrew is artistic Director of Hackney Children's theatre, and has been creating dance and performance experiences, events and lessons for over 15 years.
movement	Changing your body or body parts position.		Key Knowledge
dance	Moving your body in time to sound/music.	What I've Learnt Already <ul style="list-style-type: none"> • EYFS - How to: • Try new activities and showing independence and resilience • Understand that you can alter movements to different sounds • Take turns with others. • Show strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. • Be imaginative and expressive. 	<ul style="list-style-type: none"> • Exercise causes the heart rate to rise; cheeks might flush, the body may sweat and body temperature rises. • It's important to stretch and stay hydrated.
aware	To know about your actions.		<ul style="list-style-type: none"> • Focus and concentration is necessary when dancing.
perform	To present movements practiced.		<ul style="list-style-type: none"> • Dance can be thought of as a narrative.
balance	To control body position during a task.		<ul style="list-style-type: none"> • Movements can be sequenced to create a dance.
poise	To act calm and confidently.	Skills I am Developing <ul style="list-style-type: none"> • Exploring movements of different parts of the body. • To explore different body shapes • To create and perform a simple dance and a partnered dance with teacher guidance. • To convey a short narrative through the medium of dance. • To move in space safely with others, with an awareness of the body and the space it moves in • To work with a partner, being aware of each other and keeping time. • To copy a partner's movements • To show sensitivity to music when moving • To develop poise, balance and coordination while moving and stopping. 	<ul style="list-style-type: none"> • There is 'strong' and 'light' music and there are strong and light movements. • There are different levels and directions within a space
stopping	The action to stop a movement.		<ul style="list-style-type: none"> • When dancing with a partner it is important to be aware of each other and keep time.
energetic	Having/showing energy.		
music	A group of sounds together in a meaningful way.		
concentration	Focusing on a task.		
narrative	The description of a story, in this case through movement.		