



<b>Subject</b>	PE	<b>Theme</b>	Indoor	<b>Term</b>	2-4
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#### What should I already know?

**Gymnastics:** Master basic movements including jumping as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities such as gymnastics.

#### What should I already know?

**Dance :** perform dances using simple movement patterns

#### Knowledge

##### Gymnastics

I know how to travel in different ways and can balance using .

To travel around on hands and feet.eg bear, frog, bunny hop, caterpillar and crab.

To perform a variety of jumps – taking off and landing correctly.

Add these to travel from lesson 1 to develop a sequence.

To incorporate low level apparatus in a sequence.

To perform a variety of rolls -teddy and pencil.

To apply previous knowledge of skills to create a 4 action sequence

#### Knowledge

##### Dance

- I know that I can learn to move to music in time.
- I know that I need to practise movements to create a polished performance.
- I know that different music will require different movements and speeds.
- I know how to create an individual movement and then combine with others to create a sequence involving pairs or small groups
- I know how to dance using a partner and develop so that I include mirroring, opposites, follow-the-leader and/or action & reaction.
- I know that I can work in a pair to select actions and make a repeated pattern.
- I know how to work as a small group to learn a specific set routines concentrating on timing.
- I know how to practise and perfect a synchronised performance to be filmed and evaluated.

#### Key Vocabulary

*flexibility, strength, technique, control and balance.*

#### Key Vocabulary

**Movement** - is any human movement included in the act of dancing.

**Performance** – a sequence that is rehearsed so that an audience is entertained.

**Creating a sequence** – sequence dancing is a form of dance in which a pattern of movements is followed

**Mirroring** - this technique requires dancers to do the same travel, jump, shape or balance at exactly the same time.

**Opposites** – using natural opposition eg left arm and right leg at the same time.

**Synchronised** –dance that is performed with great co-ordination and precision.