



Year 1

Dance - Unit 1

Key Vocabulary

Beat	the underlying rhythmic pulse.
Rhythm	the speed with which a movement is performed.
Shape	the form created by the body's position in space.
Duration	The length of time a movement lasts
Tempo	The speed with which a movement is performed
Beat	The underlying rhythmic pulse
Swing	referred to the style of jazz music
Twist	twist their hips and arms in time to the music

Unit focus:

- Respond to a range of stimuli and types of music
- Explore space, direction, levels and speeds
- Experiment creating actions and performing movements with different body parts



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6 hours

Lesson 1

Compose a travelling sequence using a variety of body parts
Explore ideas, moods and feelings
Show control, coordination and spatial awareness

Lesson 2

Perform with an awareness of body shape with a partner
Show control, coordination and spatial awareness
Demonstrate some musicality throughout the performance

Lesson 3

Compose a movement pattern to demonstrate unison
Develop partner work
Explore ideas and movements showing a friendship theme

Lesson 4

Compose a sequence demonstrating mirroring and following
Watch what others do and suggest improvements to their work
Create a short dance based on visual stimulus

Lesson 5

Compose a short dance sequence that shows sensitivity to the theme
Show greater control, coordination and spatial awareness in their movement patterns
Demonstrate an ability to create a dance with a clear start, middle and end

Lesson 6

Choose and link actions to make short dance phrases that reflect rhythmic qualities
Explore repetition through a dance sequence
Perform dance phrases and short dances that express ideas and feelings

Links

Literacy: Develop a wider dance vocabulary and use appropriately.

Numeracy: Use counting patterns and develop spatial awareness.