

Medium Term Plan: Supporting Implementation of

Subject: Year 1 Autumn 2 – Dance:

Pupils will explore travelling actions, movement skills and balancing. They will understand why it is important to count to music and use this in their dances. Pupils will copy and repeat actions linking them together to make short dance phrases. Pupils will work individually and with a partner to create ideas in relation to the theme. Pupils will be given the opportunity to perform and also to provide feedback, beginning to use dance terminology to do so.

N/C links:

- perform dances using simple movement patterns

Key skills:

- Physical: actions, dynamics, space, relationships, balance, jump
- Social: respect, work safely, collaboration, communication
- Emotional: empathy, confidence, acceptance, determination, kindness
- Thinking: creativity, select and apply actions, copy and repeat actions, provide feedback, recall

Prior Learning (what pupils already know and can do)

- Can move their bodies in different ways to create interesting actions.
- Can change the action to show an idea.
- Know if they move into space it will help to keep themselves and others safe.
- Know that when watching others, they should sit quietly and clap at the end.
- Know that if they use lots of space, it will help to make their dance look interesting.

Long-term Learning (what pupils MUST know and remember) End Goals

- I am beginning to use counts.
- I can copy, remember and repeat actions.
- I can move confidently and safely.
- I can use different parts of the body in isolation and together.
- I can work with others to share ideas and select actions.
- I choose appropriate movements for different dance ideas.
- I say what I liked about someone else's performance.
- I show some sense of dynamic and expressive qualities in my dance.

Key Vocabulary

Action, balance, beat, copy, counts, direction, fast, level, pathway, pose, quickly, slow, slowly, timing

Session 1 – THEME: Weather

To use counts of 8 to move in time and make my dance look interesting.

Success Criteria

- Count evenly to the beat.
- Use clear actions.
- Use levels to make your dance look interesting.

Whole Child Objectives

- Social: To show respect when watching others perform.
- Emotional: To show empathy in the way I provide feedback.
- Thinking: To choose my own pose to create my snowflake and creatively use counts.

Weather audio to be played - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=11133>

Vocabulary

Action, balance, beat, counts, level

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Session 2 - THEME: Weather

To explore pathways in my dance.

Success Criteria:

- Draw the shape of the pathway as you travel.
- Use a change of direction and speed to make your dance look interesting.
- Use counts of 8 to help you stay in time with the music and each other.

Whole Child Objectives:

- Social: To move safely around others.
- Emotional: To be confident to move and perform.
- Thinking: To choose my own actions to travel, move and pose to create my dance.

Weather audio to be played - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=11133>

Vocabulary

Action, counts, direction, pathway, pose, quickly

Session 3 – THEME: Weather

To create my own dance using, actions, pathways and counts.

Success Criteria:

- Discuss and share ideas with a partner to create your actions.
- Use counts of 8 to help you stay in time with the music and each other.

Whole Child Objectives:

- Social: To share ideas with a partner.
- Emotional: To be confident to move and perform.
- Thinking: To choose my own actions to create my dance.

Weather audio to be played - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=11133>

Vocabulary

Action, pathway, counts

Session 4 - THEME: Pirates

To explore speeds and actions in our pirate inspired dance.

Success Criteria:

- Use clear actions.
- Use counts of 8 to help you stay in time with the music and each other.

Whole Child Objectives:

- Social: To discuss and agree on a preferred speed.
- Emotional: To be confident to move and perform.
- Thinking: To select my actions when performing

Pirates audio to be used - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=11214>

Vocabulary

Action, beat, counts, slowly

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Session 5 – THEME: Pirates

To copy, remember and repeat actions that represent the theme.

Success Criteria:

- Use clear actions.
- Use expression to help to tell the story.

Whole Child Objectives:

- Social: To show respect when watching others perform.
- Emotional: To show confidence to move in character as a pirate.
- Thinking: To copy and repeat actions.

Pirates audio to be used - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=11214>

Pirates video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=11452>

Vocabulary

Copy, action, counts

Session 6 – THEME: Pirates

To copy, repeat, create and perform actions that represent the theme.

Success Criteria:

- Draw the shape of the pathway as you travel.
- Use levels to make your dance look interesting.

Whole Child Objectives:

- Social: To discuss and share ideas with a partner before deciding together what actions to use.
- Emotional: To accept ideas that differ from my own.
- Thinking: To create actions that represent the theme.

Pirates audio to be used - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=11214>

Pirates video to be shown - <https://pe.getset4education.co.uk/resourcebank/viewresourcefile?id=11452>

Vocabulary

Pathway, action, copy, counts, level

Future learning this content supports:

This unit will support the dance unit across KS1 and KS2. Children will be developing skills such as balance, coordination and flexibility which will support them when they revisit dance. In addition, children will be able to transfer these skills across to other units which will benefit their development within that sport/area.