

What should I already know?

- How to negotiate space safely.
- How to perform in front of others.
- How to combine movements for a purpose.
- How to being to move with balance, coordination and grace.

Key Knowledge & Skills

- To be confident to try new challenges and perform in front of others.
- To combine movements fluently, selecting actions in response to the task.
- To negotiate space safely with consideration for myself and others.
- To follow instructions involving several ideas or actions.
- To show respect towards others when providing feedback.
- To use movement skills with developing strength, balance and co-ordination showing increasing control and grace.

Key Vocabulary and definitions

Action	Any movement of the body.
Pose	A still position, usually a standing balance.
Balance	A steady position with even sharing of weight across the body.
Pathway	The patterns created by the body as a dancer moves through a space.
Timing	Moving to the beat of the music.
Beat	A basic measure of time when dancing.
Level	How we use different heights in a space when dancing.
Counts	A sequence of movements linked to the beats of the music.
Copy	To move in exactly the same way as someone else.

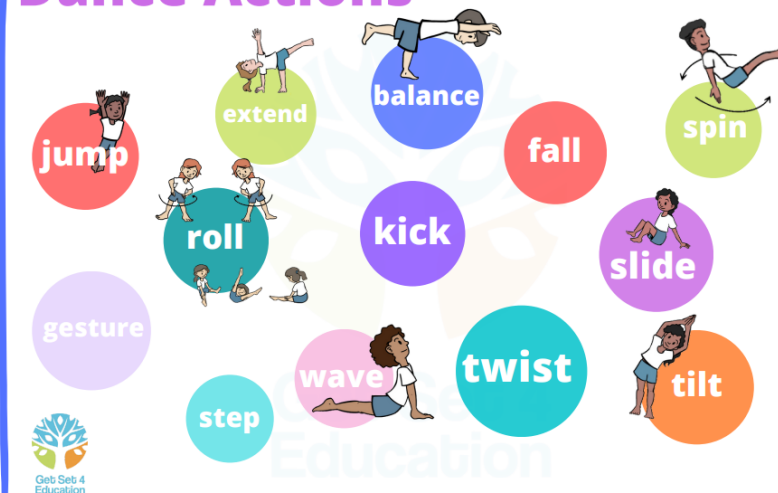
This unit will also help you to develop other important skills.

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

Dance Actions



Ladder Knowledge



Actions:

Actions can be linked to create a dance.

Dynamics:

You can create fast and slow actions to show an idea.

Space:

There are different directions and pathways within space.

Relationships:

When dancing with a partner it is important to be aware of each other and keep in time.

Performance:

Stand still at the start and at the end of the dance. It will let the audience know when you have started and when you have finished.