


<p>Prior Knowledge & Skills— Early Learning Goals</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others;</p> <p>Demonstrate strength, balance and coordination when playing;</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<table border="1"> <thead> <tr> <th colspan="2">Key Vocabulary</th> </tr> <tr> <th>Word</th> <th>Definition</th> </tr> </thead> <tbody> <tr> <td>Travel</td> <td>To move to the music</td> </tr> <tr> <td>Mood</td> <td>The style of the music. Does it sound happy? Sad? Angry?</td> </tr> <tr> <td>Flexibility</td> <td>How much movement you have around a joint.</td> </tr> <tr> <td>Strength</td> <td>Being physically strong.</td> </tr> <tr> <td>Balance</td> <td>To hold yourself upright and steady with an uneven weight distribution.</td> </tr> <tr> <td>Coordination</td> <td>To be able to use different parts of the body at the same time.</td> </tr> <tr> <td>Repetition</td> <td>To do something over and over again.</td> </tr> <tr> <td>Spatial awareness</td> <td>To be aware of how much space you have and of other people around you.</td> </tr> <tr> <td>Rhythm</td> <td>A strong repeated pattern of movement or sound.</td> </tr> <tr> <td>Pace</td> <td>Speed of the music or dance.</td> </tr> <tr> <td>Flow</td> <td>How you move from one place to another in a steady motion.</td> </tr> </tbody> </table>	Key Vocabulary		Word	Definition	Travel	To move to the music	Mood	The style of the music. Does it sound happy? Sad? Angry?	Flexibility	How much movement you have around a joint.	Strength	Being physically strong.	Balance	To hold yourself upright and steady with an uneven weight distribution.	Coordination	To be able to use different parts of the body at the same time.	Repetition	To do something over and over again.	Spatial awareness	To be aware of how much space you have and of other people around you.	Rhythm	A strong repeated pattern of movement or sound.	Pace	Speed of the music or dance.	Flow	How you move from one place to another in a steady motion.	<p>Famous Sportsperson—Martha Graham</p> <p>Martha Graham was an American dancer and choreographer. She is known as the pioneer of modern dance. She dared to introduce new, modern dance moves to the world. Modern dance was viewed as a rebellion from the strict rules of ballet. Modern dance disregarded ballet's strict movement vocabulary, such as the limited set of movements that were considered proper to ballet, and stopped wearing corsets and pointe shoes in the search for greater freedom of movement. The Graham Technique reshaped American dance and is still taught worldwide.</p> 
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<p>Key Knowledge & Skills</p> <p><u>Year 1:</u></p> <p>Explore different body shapes.</p> <p>Use movements to communicate ideas.</p> <p>Move smoothly from a position of stillness to a travelling movement with some control.</p> <p>Copy simple sequences of movement.</p> <p>Begin to show improvements in an action or movement.</p> <p>Begin to engage in a group performance.</p> <p><u>Year 2:</u></p> <p>Move smoothly from a position of stillness to a travelling movement.</p> <p>Change height and direction with control</p> <p>Use dance movements to communicate ideas.</p> <p>Copy longer sequences of actions/movements.</p> <p>Put together simple dance steps to form a sequence.</p> <p>Make changes to an action or movement to make simple improvements.</p>	<p>Local Clubs</p> <p><u>slanteddance</u> do lessons in Norwich and Hethersett. Contact them here: https://www.slanteddance.co.uk/contact/</p>	<p>Future Learning—Year 3 Dance</p> <p>Choose movements to communicate a mood or feeling.</p> <p>Perform dance sequences with control, coordination and rhythm.</p> <p>Move in time to music.</p> <p>Create dance sequences using a variety of steps and actions.</p> <p>Suggest ways that others could improve their actions or performances.</p>																										