


<p><b>Prior Knowledge &amp; Skills—Year 4 Dance</b></p> <p>Choose and combine movements to communicate mood or feeling.</p> <p>Refine movements to create and perform a sequence.</p> <p>Perform dance sequences effectively and in time with music.</p> <p>Evaluate and compare other people's work to improve own performance.</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><b>Kinaesthetic</b></td> <td>Sensory perception of movement and position</td> </tr> <tr> <td><b>Narrative</b></td> <td>Dance that tells a story</td> </tr> <tr> <td><b>Isolation</b></td> <td>Independent movement of part of the body</td> </tr> <tr> <td><b>Artistic Intention</b></td> <td>The aim of the dance choreography</td> </tr> <tr> <td><b>Canon</b></td> <td>When the same movements overlap in time.</td> </tr> <tr> <td><b>Choreography</b></td> <td>The art of creating the dance.</td> </tr> <tr> <td><b>Duet</b></td> <td>Two performers</td> </tr> <tr> <td><b>Execution</b></td> <td>Carrying out actions with the required intention.</td> </tr> <tr> <td><b>Facial Expression</b></td> <td>Use of face to show mood, feelings, character.</td> </tr> <tr> <td><b>Improvisation</b></td> <td>Creating movements without planning them.</td> </tr> <tr> <td><b>Levels</b></td> <td>Distance from the ground.</td> </tr> <tr> <td><b>Climax</b></td> <td>The most significant moment of the dance.</td> </tr> <tr> <td colspan="2"> <p><b>Cheerleading</b></p> <p>Cheerleading is a team-based sport that involves stunting, pyramids, baskets, tumbling, jumps and dance. Competitive Cheerleading is a very athletic sport, that does not involve pom-poms (like sideline Cheer). It involves competing a high-energy, two and a half minute routine at competitions. Teams compete against other Cheer teams and a panel of judges score the routines, to decide the rankings.</p> </td> </tr> </tbody> </table>	Key Vocabulary		Word	Definition	<b>Kinaesthetic</b>	Sensory perception of movement and position	<b>Narrative</b>	Dance that tells a story	<b>Isolation</b>	Independent movement of part of the body	<b>Artistic Intention</b>	The aim of the dance choreography	<b>Canon</b>	When the same movements overlap in time.	<b>Choreography</b>	The art of creating the dance.	<b>Duet</b>	Two performers	<b>Execution</b>	Carrying out actions with the required intention.	<b>Facial Expression</b>	Use of face to show mood, feelings, character.	<b>Improvisation</b>	Creating movements without planning them.	<b>Levels</b>	Distance from the ground.	<b>Climax</b>	The most significant moment of the dance.	<p><b>Cheerleading</b></p> <p>Cheerleading is a team-based sport that involves stunting, pyramids, baskets, tumbling, jumps and dance. Competitive Cheerleading is a very athletic sport, that does not involve pom-poms (like sideline Cheer). It involves competing a high-energy, two and a half minute routine at competitions. Teams compete against other Cheer teams and a panel of judges score the routines, to decide the rankings.</p>		<p><b>Famous Sportsperson—Gabi Butler</b></p> <p>Gabi Butler is an American cheerleader. She is most recently a member of the Weber State University and the Navarro College cheer teams. She has won the cheerleading world championships twice. She has used her performances to raise the profile of cheerleading and to help develop the sport.</p> 
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<p><b>Key Knowledge &amp; Skills</b></p> <p><u>Year 5:</u></p> <p>Express emotion and feeling through dance.</p> <p>Begin to perform with precision, control and fluency.</p> <p>Refine movements further to perform in sequence with a change in direction, level or speed.</p> <p>Plan and perform to an audience.</p> <p>Describe how one's self or others could improve an action or performance.</p> <p><u>Year 6:</u></p> <p>Express a range of emotions and feelings through dance.</p> <p>Perform with precision, control and fluency.</p> <p>Devise complex sequences that include changes in direction, level and speed.</p> <p>Create, prepare and perform confidently and effectively for an audience.</p> <p>Demonstrate and model how an action or performance could be improved.</p>	<p><b>Local Clubs</b></p> <p><u>Brave Allstars</u> do tumble and cheer classes in Norwich. Contact them here: <a href="https://www.braveallstars.co.uk/contact-us/">https://www.braveallstars.co.uk/contact-us/</a></p>	<p><b>Future Learning—KS3 PE</b></p> <p>Perform dances using advanced dance techniques within a range of dance styles and forms.</p>																														