



Physical Education

Dance: Nursery Rhymes

Unit Purpose

The unit of work will enable pupils to explore creating **simple movement sequences** that relate to specific words in different nursery rhymes.

Pupils will add movements together to form sequences and begin to explore **character movements** with a partner.

Inspire Me

Did you know... Pat-a-cake, pat-a-cake, baker's man" is one of the oldest surviving English nursery rhymes. The earliest recorded version of this rhyme appears in a play from 1698.



Key Success Criteria

- P** Pupils will move their bodies with big actions linked to the nursery rhymes.
- C** Pupils will develop their curiosity and imagination as they experiment moving in different ways.
- S** Pupils will demonstrate life skills such as empathy as they listen to ideas and watch others as they perform.
- W** Pupils will develop their self belief as they move and travel with confidence.

Vocabulary for Learning

Champion Dancers: Champion dancers can move with control, respond to the rhythm and move in relation to the music.

Beat: The beat is the basic unit of time used to count the notes of the music or sound that a dancer is moving to. Dancers usually move on the beat (counts 1, 2, 3, 4).

Moving: means using a variety of body parts to move around the space in a creative way.

Control: means moving our bodies in time with the music, beat or sound.

Rhythm: is a repeated pattern of movements or sounds.



Sport Specific Vocabulary

Timing: In dance, timing refers to moving to the beat of the music.

Sequence: This is a combination of controlled movements that have been added together in a particular order.

Tempo: refers to the speed or pace (fast or slow) that a dancer performs their movements.

