



## Physical Education

Dance: Growing

#### **Unit Purpose**

The unit of work will challenge pupils to respond to rhythm and patterns through their movements. Pupils will learn how to control and co-ordinate their bodies to perform a motif.

In addition, pupils will explore various dynamics and movement qualities as they create movement patterns.

#### Inspire Me

Did you know... The flower with the world's largest bloom is the Rafflesia arnoldii. This rare flower is found in the rainforests of Indonesia. It can grow to be 3 feet across and weigh up to 15 pounds!



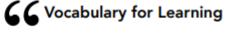
## **Key Success Criteria**

- (P) Pupils can move in relation to the music and respond with appropriate movements and actions. Pupils can
- (c) Pupils will develop their curiosity and imagination as they demonstrate appropriate ideas for moving.
- (s) Pupils can demonstrate fairness as they work well with others, ensuring everyone is included.



ensure their movements are big and clear.

(w) Pupils will be able to develop their honesty skills as they give feedback to others describing their performances.



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.

Opposite: refers to when something is totally different from or the reverse of something else. For example, the opposite to slow is fast.



He show in the footst

#### Transition Gratitude Concentration to Year 2 Developing Whole Improvisation and physical Water: Responding to descriptions Growing: Responding to rhythm Introduction to motifs Imagination Honesty **Fairness** Developing the Creating motifs Creating movement growing plant 'dance' sequences