



## Physical Education

### Dance: Water

#### Unit Purpose

The unit of work will challenge pupils to use their whole body when creating sequences of movements.

Pupils will explore and respond to music as a **stimulus**. Using various dynamics and movement qualities, pupils will be able to use descriptive language to discuss these various movement qualities.

#### Inspire Me

**Did you know ...** that the Pacific Ocean is the deepest ocean in the world. The Mariana Trench is the deepest part of the ocean and its maximum known depth is 10,984 metres (36,037 ft or 6.825 miles).



#### Key Success Criteria

- P** Pupils can respond to the music with appropriate movements and actions, using their whole body. Pupils can ensure their movements are big and clear.
- C** Pupils will develop their concentration skills as they listen to the music and make decisions on how to move in response.
- S** Pupils can demonstrate fairness and gratitude as they engage in their learning, work well with others and enjoy creating their movements and sequences.
- W** Pupils will develop life skills such as courage and honesty, as they try their best to create sequences, giving feedback to others following their performances.



#### Vocabulary for Learning

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

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

**Rhythm:** is a repeated pattern of movements or sounds.

**Expression:** refers to the actions a dancer uses to make their characters thoughts or feelings known.

**Emotion:** refers to the feelings a dance character is feeling depending on their circumstances, mood, or relationship with others.



#### Sport Specific Vocabulary

**Stimulus:** stimulus is something that provokes or causes an action or response.

**Flow:** This is when a dancer moves from one action to another smoothly and without stopping.

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

