

Dance Unit 3**End of Unit Assessment**

Expectations	Key Learning Objectives	Children outside expectations
some children will not have made so much progress. They will be able to:	demonstrate some basic skills; perform movements with control; try to show a sense of dynamics and expressive qualities when dancing; contribute basic ideas to the structure of a dance; come up with basic responses to a stimulus; show some understanding of why they need to warm up and cool down; use simple words to describe and interpret dance	
most children will be able to:	improvise freely, translating ideas from a stimulus into movement; create dance phrases that communicate ideas; share and create dance phrases with a partner and in a small group; repeat, remember and perform these phrases in a dance; use dynamic, rhythmic and expressive qualities clearly and with control; understand the importance of warming up and cooling down; recognise and talk about the movements used and the expressive qualities of dance; suggest improvements to their own and other people's dances	
some children will have progressed further. They will be able to:	use a wide range of movements when improvising; choose appropriate movements to express the idea, mood and feeling of a dance; take the lead when creating dances with a partner or in a group; show a greater understanding of how to compose dance phrases; show greater fluency and control in their movements; interpret rhythm well, using a range of musical accompaniments; interpret and express their thoughts clearly when talking about dance; make appropriate suggestions about how work could be improved	

Seamer and Irton CP School – Knowledge Organiser

PE Topic: Dance Unit 3

Year 3

Prior Knowledge

Pupils should have:

- used a range of stimuli, including world music,
- structured short dance phrases and dances on their own and with a partner,
- used a range of descriptive language for dance,
- explored moods, ideas and feelings through body actions,
- talked to each other about dance and listened to each other describing dance.

Curriculum links: This unit will support the Y3 PHSE unit, It's my body – fit as a fiddle!

Key knowledge I need to understand

This unit focuses on personal health and fitness. Sessions include an energetic aerobic warm-up followed by gentle stretching exercises; dance sequences inspired by a typical 'in the gym' workout and a gradual cool down phase followed by a selection of appropriate muscle stretches to finish. Pupils are encouraged to consider the benefits of regular exercise and are reminded about key safety aspects such as the importance of gradually warming up and cooling down to maximise performance and reduce the risk of injury.

Pupils will:

- improvise freely, translating ideas from a stimulus into movement;
- create dance phrases that communicate ideas;
- share and create dance phrases with a partner and in a small group;
- repeat, remember and perform these phrases in a dance;
- use dynamic, rhythmic and expressive qualities clearly and with control;
- understand the importance of warming up and cooling down;
- recognise and talk about the movements used and the expressive qualities of dance;
- suggest improvements to their own and other people's dances

How I will show what I have learned

Pupils can:

- EXPLORE DIFFERENT STYLES OF DANCE AND COPY STEPS FROM THEM WITH INCREASING ACCURACY.
- CHOREOGRAPH SHORT ROUTINES IN TIME WITH A GIVEN PIECE OF MUSIC.
- PERFORM GIVEN ROUTINES FROM MEMORY, PERFORMING ALL THE ELEMENTS IN THE CORRECT ORDER.
- CHOREOGRAPH MOTIFS USING REPETITION, DIRECTION, LEVEL, SPEED & SPACE
- PERFORM BASIC DANCE ACTIONS WITH GREATER CONTROL OVER EACH ELEMENT.

What's next?

This unit lays the foundations for Dance unit 4 – Wonders of the World.

They will continue to work on their own, with a partner and in small groups, developing their ability to create, perform and appreciate dance.

What vocabulary I need to know

In this unit children will have an opportunity to use a range of words and phrases, such as:

Warm up, cool down

Aerobic phase

heart rate

high knee lifts

gentle stretches

rhythmic box push-ups

boxing 'speedball' arm movements

Fancy footwork

speed and agility – high knee running, side-stepping and heel to bottom backwards steps.

single and double time

Lower body, upper body workout

forward lunges

quadricep stretches

lying abductor stretches

Key resources:

BBC Dance Workshop

In the Gym

1. **Pulse rates rising**
2. **Complete workout**