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| **Street Dance Vocabulary** | |
| spiralling | Consists of rotating spine approximately 45 degrees around its vertical axis. |
| arch | Position in which the whole or upper body is extended, creating the form of an arch. |
| levels | Different range of movements used at different levels (high, middle and low). |
| mirroring | One person moves and the other copies. |
| canon | Dancers to take it in turns to perform a movement that is then identically copied and performed by others. |
| meeting and parting | Movements require dancers to meet, turn and travel away. |
| unison | Dancers to move at the same time as each other. |



**Area of PE**: Contemporary Dance

**New Knowledge – Body (cardiovascular system)**

Blood returning to the heart from the lower part of the body goes through the inferior Vena Cava.

Blood returning to the heart from the upper part of the body goes through the superior Vena Cava.

**Prior Knowledge – Body (cardiovascular system)**

Y1/2

Our heart beats faster when we exercise because we are working harder. Our heart is about the size of one fist.

Works like a pump, pumping blood around the body to deliver oxygen to our muscles.

Y3/4

Blood is circulated around the body constantly it doesn’t stop.

Blood reaches the lungs and gets oxygenated and returns to the heart.

Blood is permanently traveling inside our body.

**Prior Knowledge about Dance**

EY - You can move in time with music. You can link movements together.

Y1/2 – Dance can be counted in beats of 8. You can travel in different ways. A routine is a dance with different movements in. You can show emotion through movement. Evaluating is sharing a positive comment about a performance and how it can be made better.

Y3/4 - Performances have a sequence with a clear beginning, middle and end.

Dance can use a steady beat for movements in counts of 4,8 and 12 (linked to music scores blocks of 4 / 4 times table). Dance can be performed at different levels (high and low) and speeds. Actions need to link smoothly and with fluency when performing. Spatial awareness means thinking about where I am compared to other people. Moving in unison means at the same time and way as other people.

Performers use facial expressions to express emotions e.g. Smiling for enjoyment, facial expressions for street ‘attitude’.

**Evaluating**

Evaluating means describing what is happening using dance vocabulary and offering critiques – positive and areas of improvement.

**New Knowledge - Practical**

**Movement**

When moving my body, it needs to keep to the beat, staying in time with others at all times.

When dancing, you need to show clear and controlled starting and finishing positions.

Co-ordination is the ability to use different parts of the body smoothly and efficiently.

A collective sequence is a series of moved made by myself and others.

**Performance**

Refining a routine is making minor changes to improve a sequence or movement.

Fluency is dancing smoothly and flow (not stopping between moves)

Control throughout my performance is my body doing what my mind wants it to do.

**Evaluating**

Evaluating is using dance vocabulary confidently to evaluate mine and others’ performances.

**Leadership**

Leadership is demonstrating how to help others in my group and taking charge.

**New Knowledge – Contemporary Dance**

Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. It is the use of fluid dance movements.

It is common to show a change of pace in contemporary dance.

Contemporary dance follows a theme, idea or story.

Contemporary dance focuses on emotion.

**By the end of Y5/6, the children will know the following knowledge about dance through the genre of contemporary dance.**

Spring Term 1

Y5/6