KSI Cycle A - Autumn 2

Dance

FOCUS-

Movement Patterns

What should I already know?

- Explore and copy basic actions and rhythms.
- Find and use space.
- Use your body to respond to music.

Gems of Knowledge

What will I do?

- Move confidently and safely in a space.
- Make changes to speed, level and direction.
- Use a range of body actions using various body parts with control and accuracy.
- Create linked movements, with a beginning, middle and end.

What will I know?

- Desribe what it feels like to breathe quickly during exercise.
- Describe what you have done or seen others doing.
- Explain why being active and playing games is good for you.



Divine Dancers!



Ashley Banjo



Amy Dowden

Vocabulary

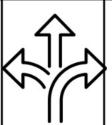
Beat -The continuing heart beat/pulse of the music.



Actions -Small and big movements between travelling.



Direction -The way in which you are travelling.



Position -The way that you hold your bodu.



Levels-How close or far your body is to the ground.



Character -Using your imaginaton to become part of the dance.

