

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?

- Describe 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.

FOCUS - Movement Patterns

Vocabulary

<p>Beat - The continuing heart beat/pulse of the music.</p>		<p>Actions - Small and big movements between travelling.</p>	
<p>Direction - The way in which you are travelling.</p>		<p>Position - The way that you hold your body.</p>	
<p>Levels- How close or far your body is to the ground.</p>		<p>Character - Using your imagination to become part of the dance.</p>	

Divine Dancers!



Ashley Banjo



Amy Dowden