

#### What should I already know?

- Move confidently and safely in a space.
- Show control and accuracy with movements.
- Create linked movements with a beginning, middle and end.
- Follow a given dance routine.
- Understand why being active is good for you.

#### Gems of Knowledge

##### What will I do?

- Perform simple movement patterns with control and coordination.
- Compose short dances and express mood and feelings.
- Remember short dances, showing control and spatial awareness.
- Work individually and with others.

##### What will I know?

- Describe movements and how to add mood to a dance.
- Begin to understand the importance of warming up.
- Watch a performance and comment on it's positive features.



### What song are we dancing to?



**FOCUS -  
Movement Patterns and  
Performance**

### Vocabulary

<p><b>Beat -</b> The continuing heart beat/pulse of the music.</p>		<p><b>Unison -</b> Dancing at the same time as other people.</p>	
<p><b>Expression -</b> Using your face and body to show a mood or feeling.</p>		<p><b>Coordination</b> = Different body parts working together.</p>	
<p><b>Levels-</b> How close or far your body is to the ground.</p>		<p><b>Character -</b> Using your imagination to become part of the dance.</p>	