# PE

# Y3/4 Cycle A - Spring I

## **Dance**

# What should I already know?

- · Explore and create narratives in response to a stimulus.
- · Show control, accuracy and fluency of movements.
- Develop dances using unison, canon, repetition, action and reaction and question and answer.
- Communicate what you want through your dances.
- · Collaborate with others.

### Gems of Knowledge

#### Procedural Knowledge

- · Explore and create characters in response to stimuli.
- Perform a range of movement patterns with control, accuracy and fluency.
- Use different compositional ideas incorporating unison, canon and action and reaction.
- Experiment with a wide range of actions, varying speed and tension.

### Declarative knowledge

- · Be able to describe your own dances.
- . Consider what I could improve on.
- Understand the linke between heart rate and breathing when exercising.

# What song are we dancing to?

# Vocabulary Varied movement patterns

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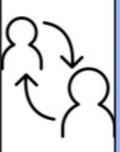
## Question and Answer -Responding to

someone's movement (question) with another (answer).



### Canon -

Taking it in turns to perform a movement. EG the Mexican wave!



### Action and

reaction -

Responding to someone's movement with another.



### Unison -

Performing actions at the same time.



### Control -

Your body is carefully doing what your mind is telling it to.



### Repetition -

Repeating movements.

