

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through dance. In addition, we evaluate and recognise our own successes.

Dance:

We will learn to perform dances using a range of movement patterns. Also, compare our performances with previous ones and demonstrate improvement to achieve our personal best.

Key Vocabulary						
dance	rhythm	musicality	movement			
Africa	teamwork	competition	sequence			
participation	cultural	engagement	choreography			
tribal	style	beat	improvise			
precision	control	spatial awareness	actions			



Self-reflection questions - Keep Fit	Yes	No	Working on
Did I have fun during our PE lessons?			
Did my fitness improve?			
Did I match the speed of my movements to			
the music?			
Was I able to mimic animals' movements?			
Did I use at least three different			
techniques in my dance?			
Was I able to work with a group to create a			
dance sequence?			
Did I recognise timing?			
Was I able to critique my own and my peers'			
dances?			
Have I learned something new this term?			
Give an example of something you did well			
Give an example of something you can improve			