

Topics in this cycle: KS3 Dance	Taught: Spring 1	Year Group: KS3 (Year 7-8)																				
	Key knowledge/concepts to be learnt ('Tell me about....')	Websites/blogs/YouTube links and further reading to deepen and consolidate learning																				
<p>What are the different body actions that I will learn in Dance?</p> <p><b>Dance Body Actions</b></p> <p>Jump/elevation Turn Gesture Stillness/balance Travel Transfer of weight</p>	<p>Basic dance body actions routine:</p> <p><a href="https://www.youtube.com/watch?v=nHmBlwXgtu8&amp;list=PLy0tL4nNbWHwQ2j0ZMqLUiLQHxpaxv6&amp;index=2&amp;t=0s">https://www.youtube.com/watch?v=nHmBlwXgtu8&amp;list=PLy0tL4nNbWHwQ2j0ZMqLUiLQHxpaxv6&amp;index=2&amp;t=0s</a></p> <p>Warm up song:</p> <p><a href="#">Head and heart (Official Audio)- Joel Corry ft. MNEK (EXTENDED) 1 Hour - YouTube</a></p> <p>Year 7 dance routine:</p> <p><a href="#">Easy Dance Routine - (Hip Hop Dance Tutorial AGES 5+)   MihranTV - YouTube</a></p> <p>Year 8 dance routine:</p> <p><a href="#">Easy Dance Routine - (Hip Hop Dance Tutorial AGES 7+)   MihranTV - YouTube</a></p>	 <p>What are dance performance skills?</p> <table border="1"> <thead> <tr> <th>Physical Skills</th> <th>Technical Skills</th> <th>Expressive Skills</th> <th>Mental Skills</th> </tr> </thead> <tbody> <tr> <td>balance</td> <td>style</td> <td>spatial awareness</td> <td>concentration</td> </tr> <tr> <td>flexibility</td> <td>timing</td> <td>focus</td> <td>commitment</td> </tr> <tr> <td>co-ordination</td> <td></td> <td>projection (energy)</td> <td>movement memory</td> </tr> <tr> <td>strength</td> <td></td> <td></td> <td>confidence</td> </tr> </tbody> </table>	Physical Skills	Technical Skills	Expressive Skills	Mental Skills	balance	style	spatial awareness	concentration	flexibility	timing	focus	commitment	co-ordination		projection (energy)	movement memory	strength			confidence
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# Home-School Learning Collaboration – Physical Education

Key Vocabulary and Definitions To Be Learnt		What Will the Assessment Look Like?
<b>Stillness</b>	The absence of movement	<b>Quality of Performance</b> Students will be assessed on their practical skills related to dance in isolation, duo and group performance.
<b>Balance</b>	An even distribution of weight enabling someone or something to remain upright and steady.	
<b>Fluency</b>	An attractive smooth quality in the way someone or something moves	
<b>Co-ordination</b>	The ability to use one or more body parts at the same time	<b>Quality of theoretical Understanding</b> Students will also be assessed on their theoretical knowledge related to Dance. Including <ul style="list-style-type: none"> <li>• Dance performance skills</li> <li>• Choreography</li> <li>• Analysis of performance</li> </ul>
<b>Travelling</b>	Using your feet and body to move across a space	
<b>Turn/Rotation</b>	To move or cause to move around an axis /the action of rotating about an axis or centre.	<b>Family Learning Opportunities</b>
<b>Control</b>	To have control is to have the power to run something in an orderly way	
<b>Routine</b>	A sequence of actions.	
<b>Jump/Elevation</b>	The height to which something is raised.	
<b>Extension</b>	An act or instance of extending, lengthening, stretching out	<ul style="list-style-type: none"> <li>• Join after school's club- Dance club with Codie Wednesdays after school.</li> <li>• Join local dance classes such as: <a href="#">KDDK – KDDK Website</a></li> </ul>

## Home-School Learning Collaboration – Physical Education

<b>Flexibility</b>	The range of movement possible at a joint	
<b>Synchronisation/unison</b>	To make happen at the same time/ two or more dancers perform the same movements at the exact same time	
<b>Canon</b>	Choreographic form in which individuals and groups perform the same movement beginning at different times.	
<b>Gesture</b>	Movement of a body part (usually head or hands) to express an idea or meaning/to convey one's feelings or intentions	
<b>Transfer of weight</b>	Movement from one supporting foot (supporting limb/body part) to another one fully or partially.	
<b>Timing</b>	Movement through time in relation to music, tempo, meter or rhythm	