


Home-School Learning Collaboration – Physical Education

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																				
<div>What are the different body actions that I will learn in Dance?</div> <div><div><div>Dance Body Actions</div><div>Jump/elevation</div><div>Turn</div><div>Gesture</div><div>Stillness/balance</div><div>Travel</div><div>Transfer of weight</div></div><div><div></div><div>What are dance performance skills?</div><table><tr><th>Physical Skills</th><th>Technical Skills</th><th>Expressive Skills</th><th>Mental Skills</th></tr><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></table></div></div>		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	<div>Basic dance body actions routine:</div> <div>https://www.youtube.com/watch?v=nHmBlwXgtu8&list=PLy0tL4nNbWHwQ2j0ZMqLUiLQHxpa--Xv6&index=2&t=0s</div> <div>Warm up song:</div> <div>Head and heart (Official Audio)- Joel Corry ft. MNEK (EXTENDED) 1 Hour - YouTube</div> <div>Year 7 dance routine:</div> <div>Easy Dance Routine - (Hip Hop Dance Tutorial AGES 5+) MihranTV - YouTube</div> <div>Year 8 dance routine:</div> <div>Easy Dance Routine - (Hip Hop Dance Tutorial AGES 7+) MihranTV - YouTube</div>
Physical Skills	Technical Skills	Expressive Skills	Mental Skills																			
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Key Vocabulary and Definitions To Be Learnt		What Will the Assessment Look Like?
Stillness	The absence of movement	<p><u>Quality of Performance</u></p> <p>Students will be assessed on their practical skills related to dance in isolation, duo and group performance.</p> <p><u>Quality of theoretical Understanding</u></p> <p>Students will also be assessed on their theoretical knowledge related to Dance. Including</p> <ul style="list-style-type: none"> • Dance performance skills • Choreography • Analysis of performance
Balance	An even distribution of weight enabling someone or something to remain upright and steady.	
Fluency	An attractive smooth quality in the way someone or something moves	
Co-ordination	The ability to use one or more body parts at the same time	
Travelling	Using your feet and body to move across a space	<p>Family Learning Opportunities</p> <ul style="list-style-type: none"> • Join after school's club- Dance club with Codie Wednesdays after school. • Join local dance classes such as: KDDK – KDDK Website
Turn/Rotation	To move or cause to move around an axis /the action of rotating about an axis or centre.	
Control	To have control is to have the power to run something in an orderly way	
Routine	A sequence of actions.	
Jump/Elevation	The height to which something is raised.	
Extension	An act or instance of extending, lengthening, stretching out	

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