

## PE: Dance Unit 1 - Autumn 2

### We are learning...

1. To use penguin images to inspire our dance.
2. To show feelings of abandonment through dance.
3. To create movements that show friendship between two characters.
4. To create a solo dance with changes of direction and speed.
5. To match our movements to music.
6. To choose a formation for our dance and explain our choice.

### Unit Focus

1. Describe and explain how performers can transition from shapes and balances.
2. Challenge themselves to move imaginatively responding to music.
3. Work as part of a group to create and perform.

### Key Questions

1. What is the main mood/feeling you get from this dance?
2. What does it mean to perform as a soloist?
3. Explain what actions show the story.

### Key Vocabulary

- Direction – the path that something or someone takes to get somewhere.
- Huddle – to gather in a close-packed group.



- Mood – how someone is feeling over a short period of time.
- Musicality – how you hear the music you are dancing to.
- Galloping – a forward slide movement: front foot steps forward with a little spring followed by the transfer of body weight to the back foot.



- Friendship – A friend is a person who you know, like and enjoy spending time with.
- Abandonment – to leave and never return.

### Concepts

- Solo is an individual dancing alone, apart from others, with independent movements.
- A duet is two people dancing together with complimentary and contrasting actions.

Dimensions.Guide | Ballet - Duets



### Penguin Dance



**Previous Knowledge** – Built simple movement patterns from given actions. Composed and linked actions to make simple movement phrases.