KS3 Core PE | Unit Title Dance

Unit Overview

The dance unit is studied in Years 7&8. Over the key stage the content becomes more challenging as students develop and build on their dance skills to create a team performance to a choice of music.

What your child needs to <u>know</u> and be able to <u>do</u> by the end of this unit of work:

Year 7	Year 8
• how to use actions within dance • how to use concept & movement within dance • how to incorporate relationships and formations into a dance routine • how to include articulation, timing, and expression • how to work collaboratively with peers to perform a task • how to develop a fluent dance sequence	• how to use theme-based choreography • how to use more technical skills, such as the use of the spine, feet, and correct posture • how body language can improve your dance • how to build upon fundamental techniques like footwork, jumps, turns, and floorwork • how to develop simple dance phrases in response to different stimuli, including music and creative tasks. • create a team performance

The <u>key vocabulary</u> your child needs to <u>understand</u> in order to access this unit of work

Gestures, formations, body shapes, contact work, dynamic, rhythmic patterning, creativity, control, rhythm, timing, aesthetics, sequences.