

### Things I should be able to talk about

- Consolidate and improve the **quality, range and consistency** of your physical techniques.
- Choose and use simple tactics and strategies in different situations.
- To know the short-term effects of exercise on the body
- To measure the short-term effects of exercise on the body
- Describe how the body reacts to different types of activity
- Describe and evaluate the effectiveness of performances

### Vocab

- **Canon**— one action that is performed at different times by different dancers.
- **Complex**— different and connected parts.
- **Motifs**— a repeating idea
- **Narrative** – a story or connected events.
- **Unison**— one action that is performed at the same



### Darcey Bussell

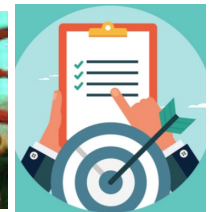
50 years old

London

Darcey was a principal ballet dancer for the Royal Ballet and was a judge on Strictly Come Dancing.

### New knowledge and skills

To explore and create characters and narrative ideas	To create motifs	To experiment with a wide range of actions	To combine complex dance phrases	To describe and evaluate their dances using appropriate vocabulary
Using a stimuli or idea provided, the dance needs to have an explanation behind it.	.Should be a repeated idea that links through the dance.  Using a wide range of skills such as unison, canon, action/ reaction and question/ answer .	Varying and combining spatial patterns, speed and tension in the body.	Building on KS1 knowledge , dancers will link their phrases together using a wide range of dance features.	Discuss the elements of dance (levels, phrases, features, performance qualities)  I can provide positive and constructive feedback.



### Year 3 & 4 Dance