

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 long-term effects of exercise on the body
- To measure the long-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

- **Clarity**— being clear in the movements.
- **Fluently** - expressing easily and effortlessly.
- **Factors**— an influence that creates a result.
- **Sensitivity**—being aware of the situation and adapting to it.
- **Sections**— a whole piece split into parts.



VooDoo Ray

USA

Died October 2017 age 50.

Starred in music videos as a Hip Hop dancer.

New knowledge and skills

To combine movements	To structure motifs, phrases, sections and dances	Work on performance skills	Recognise how outer factors can improve a performance
Fluently and effectively linking movements together thinking about levels and the meaning behind them.	Organise and shape actions to create a dance. Can have motifs, a range of phrases that link to become longer sections.	Communicate your ideas through dance without having to provide any verbal clues. Performing with clarity and sensitivity	Know how using costumes or props or music choice affect the style of the piece and how you can use this in your ideas.



Year 5 & 6 Dance