
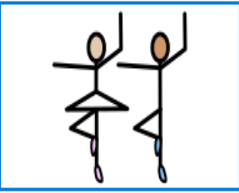

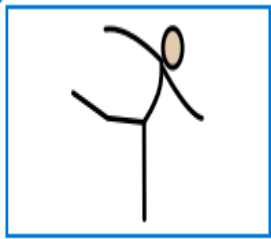


Year Six – PE – Indoor: Dance and Gymnastics

| Subject Specific Vocabulary | |
|------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| Expression | The actions a dancer uses to make their characters thoughts or feelings known. |
| Creativity | Using imagination or original ideas when performing their dance actions. |
| Contemporary | Contemporary means current or modern. |
| Emotion | The feelings a dancer's character is feeling depending on their circumstances, mood, or relationships with others |
| motif | A series of movements that are repeated. |
| rhythm | is a repeated pattern of movements or sounds |
| choreography | is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to performer. |

| Subject Specific Vocabulary | |
|------------------------------------|------------------------------------|
| timings | The precise execution of movement. |
| structure | How each element is arranged. |
| demonstrate | To show your movements |
| ability | The capacity to perform skills |
| age appropriate | Suitable for the age group |
| experience | Overall journey of gymnastics |
| explain | To make clear, in detail |

| | |
|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Sticky knowledge |
|  Dance | Dance styles are influenced by music choice. |
| | Ballet often uses classical pieces |
| | Lindy-hop is specific to swing music |
| | Specific is particular type of dance. There are a range of different dance styles; including-contemporary, jazz, ballet, African, street, baroque, Charleston, lindy-hop |
| | Contemporary means current or modern |

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|  | Sticky knowledge |
|  Gymnastics | Adapting is changing something for a different purpose – it can be to make something better. |
| | Timings ensure structure. B) Timings ensure standard. C) Sequences can follow structure through timings. D) Timings help sequences flow. |
| | Key gymnastic movements include different ways of travelling and remaining stationary. |
| | All gymnastic movements require good balance, control and purpose. |
| | Teaching others involves explaining and modelling something that you know how to do. |
| | Teaching others should be pitched at an age appropriate level, to include visual demonstrations and explanations. |
| Combining involves everyone sharing their ideas. B) Combining involves everyone being listened to. | |