



Shadsworth Junior School



Curriculum

Year 3 Scheme of Work

Term: Summer 1

Topic: PE Dance

Key Skills and Knowledge:

Key Knowledge

Recognise a beat and time movements to it.

Keep count of a beat.

Move different parts of the body at the same time in coordination to a beat.

To know that everyday movements (running, jumping etc) can be used to create dance moves.

Key Skills

To begin to perform movement with control and fluency.

Improvise freely, translating ideas from a stimulus into movement.

Share and create simple sequences with a partner and in small groups linking the 5 dance elements.(travel, jump, turn, gesture, stillness)

Repeat, remember and perform these simple sequences in a dance

Combine movements to create a final sequence.

Use dynamic, rhythmic and expressive qualities clearly and with control.

Change rhythm, speed, level and direction in a planned dance routine.

Understand the importance of warming-up and cooling-down.

Character Development

Resilience

Communication

Discuss and analyse ideas for a performance in a group.

Suggest improvements on their own and other people's dances.

Reading and Writing Opportunities (Long and Short Activities)

Creative Ideas and Hooks

Recount of a competition (dance festival)

Individual improvisation.

Paired improvisation.

Create a short dance sequence with specific criteria.

Dancing to different genres of music.

Children using expressive qualities in their dances.

Working on different levels.

Mirror and reflect in pairs.

Introduction to ribbons/ball within the children's dance.

Videos to follow along to for inspiration to dance

Strictly Come Dancing clips for ideas and to show different genres of dance.

Links to PSHCE, Equality and British Values Work

STEPS for differentiation

Respect myself and others

Group work

Following rules

Healthy lifestyles

Key Vocabulary:

Words to describe (actions, dynamics, space and relationships), words to describe group formations (E.g square, circle, line), partner, copy, follow lead, unison, canon, repeat, structure, motif, dance phrase, improvisation, explore

Resources Available / Visits/Visitors

Boom box
Access to videos and websites for dancing ideas

Useful Websites:

<https://www.onedanceuk.org/>
<https://primaryschooldance.co.uk/>

Previous Knowledge

To select appropriate movements and body shapes to communicate ideas.

To explore a range of ideas.

To practise a sequence.