

### Overall Learning Outcomes (Endpoints)

Children can:

- Perform dances fluently and with control
- Use and structure simple movement phrases individually, in pairs and in groups
- Respond to a range of stimuli, improvising freely using a range of controlled movements and patterns

### Key Vocabulary

<b>Canon</b>	<b>Pathway</b>
<b>Unison</b>	<b>Direction</b>
<b>Flexible</b>	<b>Perform</b>
<b>Flow</b>	<b>Gestures</b>
<b>Sequence</b>	

### Types of dance

**Contemporary** involves aspects of movement from several other genres such as jazz and ballet.

**Jazz** is a high-energy dance that has a liveliness that sets it apart from traditional dance forms, such as classical ballet.

### What do we know about dance?

- Dancers are known to be disciplined, focused and high achievers who tend to be successful students and hard workers
- Research also proves that dancing also reduces stress and tension for the mind and body. Studies by the National Heart, Lung, and Blood Institute have shown that dancing also prevents heart disease in particular
- Dancers also have increased muscular strength, endurance and motor fitness

### In Year 3 we learnt

Children can:

- Work creatively and imaginatively, independently and in groups/pairs
- Repeat, remember and perform phrases in a dance
- Work with a partner and in small groups to explore different relationships, e.g. pushing and pulling actions, going over, under and around each other and circling actions