

## Dance Year 1 Autumn Term

Dance: Toy Story. In the Dance unit, we will listen to the music from Toy Story. We will develop our coordination, balance and spatial awareness by combining moves in sequences.



### In this unit children will:

- Perform dances using simple movement patterns
  - Lead and follow mirroring
- Use different body parts to move to music
  - Move according to the pace of music
- Discuss what dance style would reflect the mood of a song.
  - Develop spatial awareness
  - Combine movements in a sequence

### Prior Learning:

Mastering basic movements

### Cross Curricular Links:

Science- The Human Body PSHE- Healthy Active Lifestyles

### Key Vocabulary

- Travel- To move to the music.
- Mood- The style of the music, does it sound happy? Sad? Angry?
- Flexibility- How much movement you have around a joint
- Strength- being physically strong
- Balance- To hold yourself upright and steady with an uneven weight distribution
- Coordination- To be able to use different parts of the body at the same time
- Repetition- To do something over and over again.
- Spatial Awareness- To be aware of how much space you have and other people around you.
- Rhythm- A strong repeated pattern of movement or sound.
- Pace- speed of the music or dance
- Flow- How you move from one place to another in a steady motion.

