

## **Dance - Food Glorious Food - Year 5**

Key vocabulary	Definition
Verb	An action word.
Unison	Everyone is doing the same thing at the same time.
Canon	One follows after the other.
Co-operation	To work together and make an agreement. Maybe making a sacrifice.
Sacrifice	Giving something up that you want or have (e.g. time, an idea, an object...).
Solo	To perform on your own.
Duet	To perform with a partner.
Audience	People watching the dance.
Choreography	A sequence of steps or moves in a dance.
Counter Balance	A balance where each partner supports the weight of the other by pushing towards each other.
Lift	Support a partner by holding them off the ground or giving them a boost to allow them to jump higher.
Facial Expression	Using your face to express an emotion or create a character.
Director	Person who oversees the dance and gives the dancers direction to make sure the dance is as good as possible for the audience.
Timing	Moving on the beat or parts of the beat.
Projection	Extending and exaggerating movements with the head, arms, legs, and body (chest).

### **Key Knowledge and Skills:**

Use the whole of the body when dancing, including using facial expressions.

Use changes of speed, direction and level.

Work with a partner to create a simple dance.

Cooperate with a partner and others when creating a dance.

Look at your partner when doing a duet or group dance to keep together.

Think creatively to come up with a dance move without just acting it out.

Ensure they have a strong position if lifting up a partner.

Include a counter balance in a dance with a partner/group.

Include a lift in a dance with a partner/group.

When directing, give clear, constructive advice thinking about the audience's experience.

**Counter Balance:**

Push against each other with hands/feet/backs close together.

Start with feet closer together and then gradually move them further apart until you are in counter balance.

Have good extension.

The further apart the bases, the harder it is.

