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 group 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.

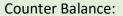
Think creatively to come up with a dance move without just acting it out.

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.



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.









