

# DANCE - STARRY SKIES. AUTUMN 2.

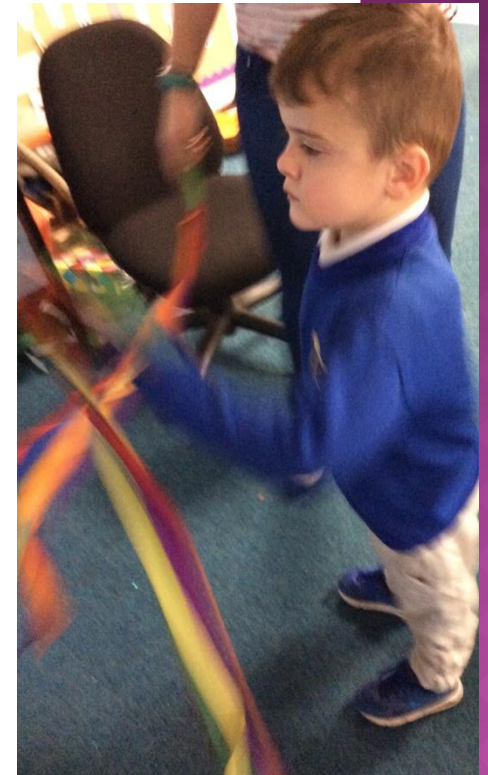
- Master basic movements including balance and co-ordination and apply in a range of activities.
- Perform dances using simple movements and patterns.

# I CAN DANCE WITH AN OBJECT

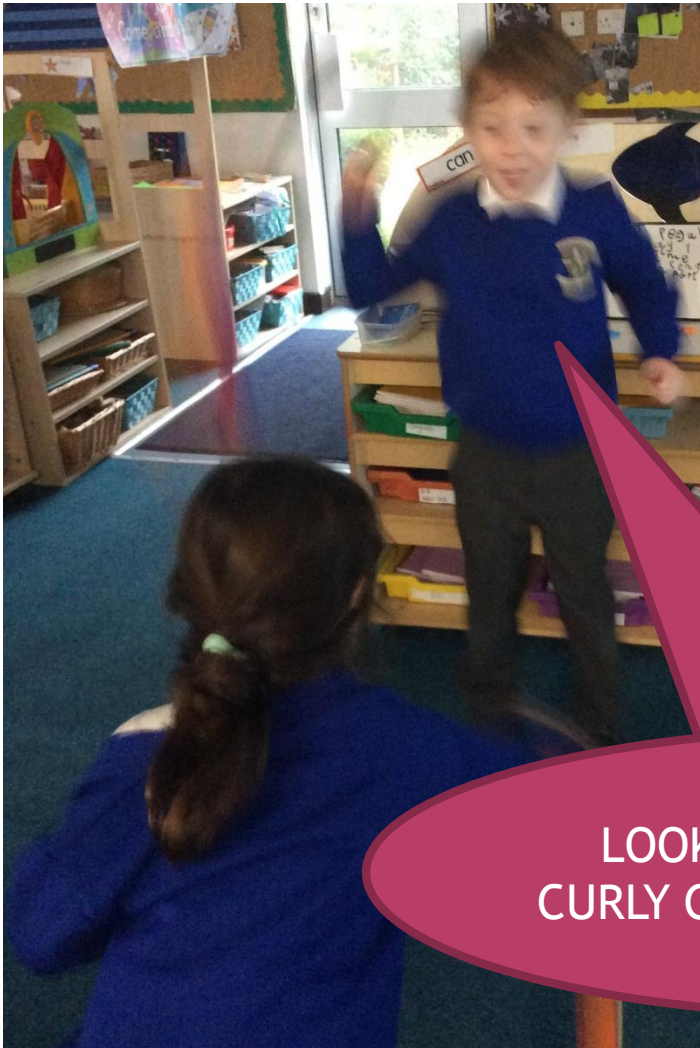


Do I look like a  
firework Miss  
Gillespie?

We started by looking at fireworks and exploring how they move. They explode high up into the sky and then open up big. Then they slowly fall back towards the ground. We tried to move our bodies in this way and then used a colourful ribbon to make it more exciting.



# A PARTNER AND AN OBJECT



We then paired up with someone that we don't usually work with and had a colourful ribbon between us. We took it in turns to mirror one another and create a beautiful firework dance that we confidently performed to our class peers.

LOOK! IT'S ONE OF THOSE  
CURLY CATHERINE WHEEL ONES!

I'm going to  
jump up really  
high when my  
rocket takes off.

# ASTRONAUTS

Next, we explored  
astronauts and pretended  
that we were a rocket taking  
off to go up into space. We  
watched some videos about  
the landing on the moon in  
1969 and tried to move like  
the astronauts did. We put  
on our helmets and walked  
around without any gravity  
to keep us on the ground!

10,9,8,7,6,5,4,3,2,1...  
.....BLAST OFF!

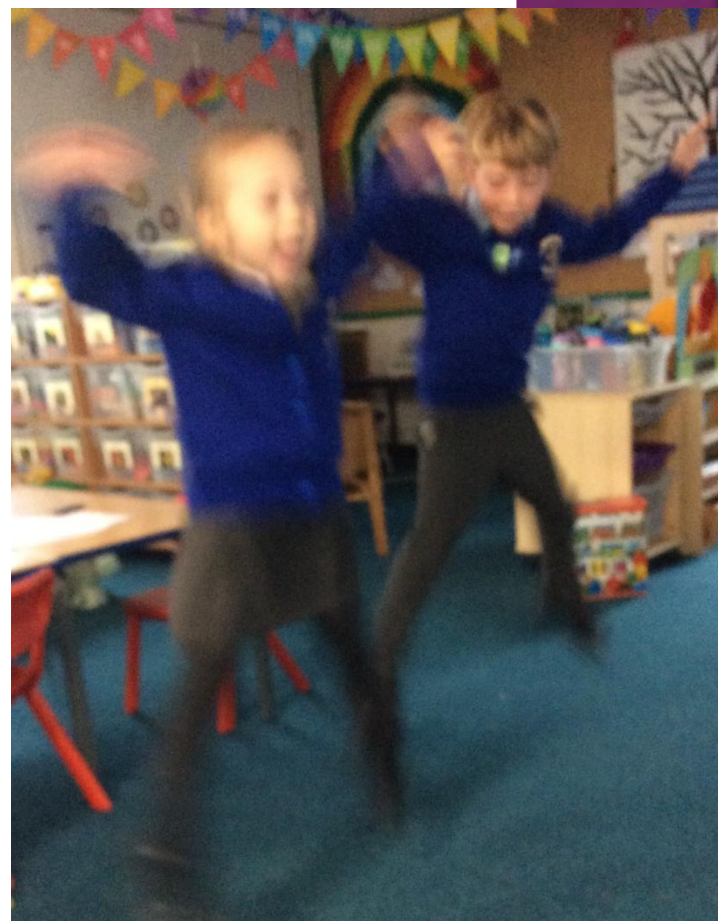


# PERFORMANCE TIME!

- Finally, we spent a lot of time in our groups and re-capped some of the previous session moves that we had been exploring. We had some slow and fast changing space music and had to create our own dances to perform to the class. It was really exciting when the music got fast and the dancing 'fireworks' had to jump around everywhere.



I'm an astronaut  
moving slow on  
the moon.



PE

FLE Y1/2

Starry Skies

Our Endpoint

To create and perform a dance



## Knowledge

Keeping healthy means caring for your body so you have enough energy to learn, play and grow. FF

Regular sport and exercise help us to stay healthy. FF

We must dress appropriately for PE to ensure that we and others, are safe. FF

Stretching keeps the muscles flexible, strong and healthy. FF

Everyone should have their '5 a day' – this means five portions of fruit and vegetables, to get the right amount of nutrients. FF

All foods contain nutrients which your body needs to stay active throughout the day. Some foods have more nutrients than others. FF

It's important not to eat too much sugar and salt; sugary foods are bad for your teeth and salty foods can lead to heart disease. FF

Dancing is a form of exercise but doesn't always feel like it! FF

Gravity is the force that pulls things towards the Earth – us included! FF

## Exciting Books



## SMSC

Social – Giving peers space to move; watching peers perform

Spiritual – participate in 'musical' activities

## Subject Specific Vocabulary

healthy

keeping healthy means doing things that are good for your body – things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep

exercise

to be physically active

active

to move

control

to be in charge of your body movements

coordination

the ability to use different body parts together smoothly

balance

The distribution of weight to ensure that we are able to stand upright and steady

performance

The act of presenting your work to others

## Skills

Copy and repeat simple skills and actions

Understand the importance of being active.

Talk about how to exercise safely.

Begin to move with increasing control and care

Link simple moves with increasing control and coordination