



Jerry Clay Academy Unit Overview

Subject: PE – Dance **Year Group:** Year 3

Term: Spring 1

Core Learning of This Unit:

- Improvise freely, translating ideas from a stimulus into a movement.
- Create dance phrases that communicate ideas.
- Share and create dance phrases with a partner and in a small group.
- Repeat, remember and perform these phrases in a dance.
- Use dynamic, rhythmic and expressive qualities clearly and with control.
- Understand the importance of warming up and cooling down.
- Recognise and talk about movements used and the expressive qualities of dance.
- Suggest improvements to their own and other people's dances.

Prior Learning:

- Perform basic body actions.
- Use different parts of the body singly and in combination.
- Show a sense of dynamic, expressive and rhythmic qualities in their own dance.
- Choose appropriate movements for different dance ideas.
- Remember and repeat short dance phrases and simple dances.
- Move with control.
- Vary the way they use space.
- Describe how their lungs and heart work when dancing.
- Describe basic body actions and simple expressive and dynamic qualities of movement.

National Curriculum Statements:

Pupils should be taught to:

- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].
- perform dances using a range of movement patterns.
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Significant People



Michael Jackson

Michael Joseph Jackson was an American singer, songwriter, and dancer. He is regarded as one of the most significant cultural figures of the 20th century.

Key Vocabulary:

- Explosive
- Evaluate/ Improve
- Asymmetric
- Contrasting