



Jerry Clay Academy Subject Unit Overview

Subject: PE – Dance **Year Group:** Year 5 **Term:** Spring 1

Core Learning of This Unit:

- Compose motifs and plan dances creatively and collaboratively in groups.
- Adapt and refine the way they use weight, space and rhythm in their dance to express themselves in their dance style.
- Perform different styles of dance clearly and fluently.
- Organise their own warm-up and cool-down exercises.
- Show an understanding of safe exercising.
- Recognise and comment on dances, showing an understanding of style.
- Suggest ways to improve their own and other people's work.

Prior Learning:

- Respond imaginatively to a range of stimuli related to mood, character and narrative.
- Use simple motifs and patterns to structure dance phrases on their own, with a partner and in a group.
- Refine, repeat and remember dance phrases and dances.
- Perform dances clearly and fluently.
- Show sensitivity to the dance idea and the accompaniment.
- Show a clear understanding of how to warm up and cool down safely.
- Describe, interpret and evaluate dance, using appropriate language.

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



Neil Jones

Neil Jones is a British dancer and choreographer, best known for his role as a professional dancer in the BBC One dance series Strictly Come Dancing.

Key Vocabulary:

- Technique
- Formation
- Variation
- Improvisation
- Motif
- Phrase
- Unison