








Key Vocabulary		
Rap		A type of music.
Gesture		A movement of part of your body to express an idea.
Beat		A basic unit of music.
Speed		How fast or slow someone moves.
Level		High, middle or low.
Direction		A point to or from which a person moves or faces.
Perform		Present to an audience.



Year 1 - Story time dance

Techniques

What I need to know:

Skills

<input type="checkbox"/> I can learn the Goldilocks rap with actions.	<input type="checkbox"/> I can jump in time to the music.
<input type="checkbox"/> I can practise travelling movements with a change in direction.	<input type="checkbox"/> I can dance to beats of four or eight.
<input type="checkbox"/> I can develop gestures and ways of travelling.	<input type="checkbox"/> I can perform dance moves that flow smoothly from one to the next.
<input type="checkbox"/> I understand beats in the music.	<input type="checkbox"/> I can use gesture as an image in dance.
<input type="checkbox"/> I can move in time to the music.	<input type="checkbox"/> I can perform a dance in time to music and with fluency.

Health and Fitness

I can show how to exercise safely.

Evaluating and Improving

I can say how I could improve.