



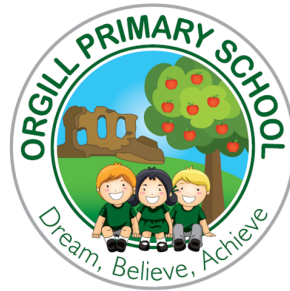




Key Vocabulary		
Bollywood dancing		A style of dance used in Indian films.
Lotus		Open palms facing towards the sky; extend arms to the left and right.
Prayer		Put palms together, forearms in line with wrists, move from left to right across the chest.
Posture		The position in which someone holds their body when standing or sitting.
Fluency		The smoothness of one motif to another.
Dynamics		A name for the energy release or force of the movement (sudden, slow, strong, forceful, sustained, jerky, light, graceful, heavy and ungainly).
Sequence		Linking moves together in an order is called a sequence.



Year 5 – Dynamic Dance

Techniques	
Back point step	Heel step
	

What I need to know:	
Skills	
<input type="checkbox"/> I can practise the actions of the Bollywood dance style.	<input type="checkbox"/> I can identify the key components of successful dancing and understand how to apply them to my own sequences.
<input type="checkbox"/> I can perform a Bollywood dance using a range of movement patterns.	<input type="checkbox"/> I can create partnered dances that reflect the Bollywood dancing style and apply the key components of dance.
<input type="checkbox"/> I can develop dancing and performance skills.	<input type="checkbox"/> I can create group dances that reflect the Bollywood dance style.
<input type="checkbox"/> I can demonstrate an awareness of the music's rhythm and phrasing when improvising.	<input type="checkbox"/> I can develop an understanding of how to prepare for a dance performance.
<input type="checkbox"/> I can create and perform an individual dance that reflects the Bollywood dance style.	
Health and Fitness	
<input type="checkbox"/> I can explain some important safety principles when preparing for exercise.	
<input type="checkbox"/> I can explain why exercise is important.	
<input type="checkbox"/> I can choose appropriate warm-ups and cool downs.	
Evaluating and Improving	
<input type="checkbox"/> I can perform and evaluate own and others' work.	
<input type="checkbox"/> I can identify the key skills needed to provide accurate and tactful evaluative feedback to peers.	