Progression in PE – Maypole Dance Year 3

Prior Knowledge	confidently create movement patterns.
NC links	**Pupils should be able to:** **Pupils should continue to** apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. **Pupils should be taught to:** perform dances using a range of movement patterns compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Key knowledge – what they need to know.	**Key knowledge – what they need to know.** **Actions/Steps** **Working in groups** **Direction** **Choreography** **Performance/expression** **Rhythm** **Warm up: Pages 18-19 and pre-learnt material** **Lesson 1: Helter Skelter (modified)** We can create a story with one dancer and everyone else becoming part of the background/scenery. **Lesson 2: Silk Stream- competition** Dancers move in pairs (same 2 people) go around and around each other as often as they can.

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Lesson 3: Ark Lark

I can improvise and create new movements with partner. (can have an animal focus- link to book)

Lesson 4: Developing one or all of the dances

I can work with a partner to create and perfect a dance to show feelings and emotions.

Lesson 5: Performance of one dance

I can perform one dance to an audience. (select the best dance- children to be involved in selection- decide what they want to do and how they want to do it).

Key vocabulary:

Improvise, movements, create, perform, imaginative, stimuli, actions, maypole, ribbons, helter skelter, silk stream, ark lark, performance

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