

Progression in PE – Maypole Dance Year 4

<p>Prior Knowledge</p>	<p>skilfully create controlled movements & patterns</p>
<p><u>NC links</u></p>	<p>Pupils should be able to:</p> <p>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.</p> <p><u>Pupils should be taught to:</u> perform dances using a range of movement patterns compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
<p><u>Key knowledge - what they need to know.</u></p>	<p>Actions/Steps Rhythm Expression/improvisation Choreography</p> <p>Performance</p> <p>Warm up: Pages 18-19 and pre-learnt material</p> <p><u>Lesson 1: Ropes & Cob web</u> To move around each other and to learn a specific step. (continue in lesson 2, will need another lesson since steps may take a while to learn)</p> <p><u>Lesson 2: The Plait (pg 34- 3 versions of how to teach this)</u> Weaving - under and over around the pole</p>

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Lesson 3: Sellenger's Round

Create controlled movements and to learn new steps and skills To learn about the history of this dance (Tudor times)

Lesson 4: To practise the 3 dances they have learnt

To compose longer dance sequences using a range of dance vocabulary to describe and improve work.

Lesson 5: To perform the 3 dances - look at performance tips on page 35

To perform a dance to an audience.

Key vocabulary:

Precision, movement, perform, Varjak Paw, mood, improvise, patterns

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