

Progression in PE – Maypole Dance Year 5

<p>Prior Knowledge</p>	<p>With consistency, children repeat controlled movement 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: Twister</u> Close collaboration- changing places with the person opposite you. Moving to different places- group awareness.</p> <p><u>Lesson 2: Spider's Web</u> Precision with teamwork. The way they hold their ribbons.</p> <p><u>Lesson 3: Folk Dance Remix</u> https://folkdanceremixed.com/</p>

Created by Christine Katsikides of Our Lady of Muswell School and Mike Ruff of Tradamis

www.tradamis.org

Tradamis 

Have a look at the videos- what do we want to get out of our May Pole?

Lesson 4: Creating their show using all 3 dances

I can select and use a range of movements to create a dance phrase that demonstrates my ideas.

Lesson 5: To perform a dance

I can perform to an audience using a range of movement patterns.

Key vocabulary:

Twister, spider's web. Folk dance remix, creating, rhythm, perform, teamwork

Created by Christine Katsikides of Our Lady of Muswell
School and Mike Ruff of Tradamis

www.tradamis.org

Tradamis 