



# Waterbeach Community Primary School

## Curriculum Capture for Year 5 PE: Dance – Dance Styles

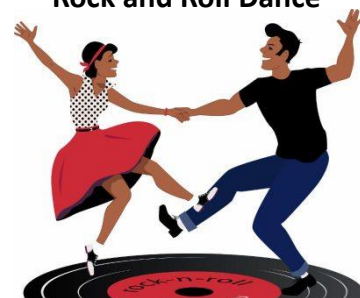
Key Knowledge	
<b>To explore travelling actions to link hand jive motifs.</b>	<b>To perform partner rock n roll dance actions of jumping, spins, kicks and turns.</b>
<ul style="list-style-type: none"> <li>Pat legs twice with hands. Clap hands twice.</li> <li>Place right hand over left hand, move over and away twice. Place left hand over right hand, move over and away twice.</li> <li>Place right fist on top of left fist and hit twice. Place left fist on top of right fist and hit twice.</li> <li>Right hand thumb points backwards over right shoulder twice. Left hand thumb points backwards over left shoulder twice.</li> </ul>	<ul style="list-style-type: none"> <li>Discuss the key characteristics of the dance style and what made it exciting at the time.</li> <li><b>Swings</b> – opposite arms forwards and backwards. <b>Kicks</b> – kicking in front and to the side. <b>Steps</b> – quick steps forwards, backwards and to the sides. <b>Clicks</b> – Finger clicks forwards, backwards, above head and to the side.</li> <li>Arm swings should be smooth and fluid not jerky. Knees are bent and body leans forward slightly towards partner.</li> </ul>
<b>To perform “the twist” dance movements showing different levels and directions.</b>	<b>Explore and select “disco” inspired movements and develop phrases through the use of canon.</b>
<ul style="list-style-type: none"> <li>Ankle and feet shuffles, waist twists from side to side, changes in speed and use of levels, use of arm swings up and down.</li> <li>Hips move to right and left side at same time to get “twist” action.</li> <li>Extensions: Lift a leg in the air to the front or to the side whilst twisting / Travel to right side for 4 twists, travel to left side for 4 twists / Quarter turn to twist; build up to a full turn whilst twisting.</li> </ul>	<ul style="list-style-type: none"> <li>Discuss the key characteristics of the dance style and the movements performed.</li> <li>Lots of individual freestyle large and flamboyant movements. Movements are simple but often repeated on both sides of the body or by changing the directions.</li> <li>Actions should be fluid using hips and waist to make transitions from right – left – right – left.</li> <li>Encourage pupils to increase the speed of the hip and waist movements by bending knees.</li> </ul>

Vocabulary	
Canon	When each person in the dance performs a motif (action or movement) one at a time.
Unison	When each person in the dance performs a motif (action or movement) at the same time.
Composition	A longer piece of dance created by linking together many movements, motifs and sequences.

**Hand Jive**



**Rock and Roll Dance**



**The Twist**



**Saturday Night Fever**



Key Skills
To explore and link motifs and movement phrases from different dance styles/eras.
Apply choreographic devices of canon, unison, matching and mirroring, speed, direction, order and levels to motifs.