



PE – Dance – Year 1/2

Key Learning

1. To know basic movements and body patterns.
2. To know to vary levels and speed in a sequence.
3. To know how to change body shape.
4. To know how to add a change of direction to a sequence.
5. To know how to respond imaginatively to stimuli.
6. To know the appropriate language to describe a short dance.

Vocabulary

Spin	Turning around in a circle on one foot. Being able to change direction and do it on either foot.
Jump	Pushing off the ground with your feet to get into the air.
Stretch	Reaching your arms or legs out long to warm up your body so you are ready to dance.
Balance	Staying still and steady, like a statue, even on one foot!
Step	Moving one foot forward, backward, or sideways. Steps make up every dance move!
Freeze	Stopping suddenly and holding still. Like hitting the pause button in your dance!

Key Athletes



Ashley Banjo

British dancer, choreographer, and TV judge, best known for leading Diversity and promoting racial equality.

Darcey Bussell

British ballerina, author, and TV personality, famed for her Royal Ballet career and Strictly Come Dancing judging.

