



PE – Dance – Year 5/6

Key Learning

1. To exaggerate dance movements and motifs using expression when moving.
2. To perform with confidence using a range of movement patterns.
3. To use imagination to create independent dance sequences and motifs.
4. To show strong movements throughout a dance sequence.
5. To change the pace and timing of movements.
6. To move to the beat within the sequence.

Vocabulary

Choreography	The sequence of dance movements that a dancer follows, usually created by a choreographer to match music and mood.
Routine	A complete dance performance that includes choreography, transitions, and timing. It tells a story or shows a theme.
Tempo	The speed of the music. Dancers must learn to move faster or slower to match the tempo.
Beat	The steady pulse in music that dancers count to and move with. Most dances follow counts of 8.
Plié	A basic ballet movement where the knees bend while keeping heels on the floor.
Tendu	A ballet move where the foot slides along the floor to a pointed position. Great for strengthening feet and legs!
Isolation	Moving just one part of your body (like your head, shoulder, or hip) while the rest stays still.
Formation	The positions dancers take on stage. Dancers may move through different formations during a routine.
Improvisation	Freestyle dancing where you create moves on the spot. A great way to explore movement and emotion.
Dynamics	The quality of your movement — is it sharp, smooth, fast, slow, heavy, or light? It brings feeling to your dance.
Transition	The movement between one step or formation to the next. Smooth transitions make dances look polished and professional.

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.

