

Key Vocabulary	
Landing	Slither
Apparatus	Pause
Prepare	Anticipate
Freeze	Switch
Agility	Co-operate
Travel	Take-off
Instruction	



Recapped Key Vocabulary	
Climb	Step
Reach	Alternate
Hold	Balance
Touch	Stop
Jump	Stretch
High	Carry
Alternate	Crawl
Beat	Roll
Movement	Low
Slide	

Skills that I am going to learn
I can move on and off apparatus in different ways.
I can travel and perform actions at different speeds with some control and co-ordination changing speed and direction by choice and instruction.
I can stop and pause my movements following instructions.
I can work with others in small groups.
I can start to roll, slide and slither.

Why are we learning this?

To improve:

- Our ability to use apparatus safely including take-offs and landings.
- Our balance and control our own body movements.

Why is it important?

So we can build our co-ordination and agility.
So we can be safe when we move



New Key Vocabulary

Join	Flow
Count	Repeat
Link	



Recapped Key Vocabulary

Beat	Dance	Instructions
Fast	Feet	Co-operative
High	Low	Timing
Music	Rhythm	Movement
Slow	Step	Pattern
Stretch	Turn	Sequence
Twist	Jump	Shape
Roll	Balance	Speed
Travel	Control	

Skills that I am going to learn

- I can count beats of 8.
- I can copy and repeat movement patterns and shapes.
- I can work by myself, in partners, and as a group.
- I can follow simple instructions.
- I can perform different and similar dance actions.

Why are we learning this?

To improve and master simple movements such as walking, running, rolling, crawling and jumping with and without apparatus.

To know:

- How to take weight on our hands with confidence.
- That actions and movements can be performed in time to music and beginning to learn how to do this.
- What effect exercise and healthy food has on our bodies and why it is important.

Why is it important?

So we can continue build to our strength and perform movements easier.
 So we can continue to co-ordinate our bodies and perform different dance actions to different beat patterns and at different speeds.
 So we can be healthy and safe.