



Physical Education

Dance: Dinosaurs

Unit Purpose

The unit or work will enable pupils to explore different movements using different parts of the body, adding **emotion** and **expression** as they become dinosaurs.

Pupils will develop movement ideas in pairs while exploring the different relationships between dinosaurs.

Inspire Me

Did you know... The heaviest dinosaur was called the 'Argentinosaurus' which weighed 77 tonnes. This is the equivalent to 17 African Elephants. The Argentinosaurus was also the largest land animal to have ever lived.



Key Success Criteria

- P** Pupils will move their bodies with big actions as they explore moving as different types of dinosaurs.
- C** Pupils will develop their curiosity and imagination as they experiment moving in different ways.
- S** Pupils will demonstrate life skills such as empathy as they listen to ideas and watch others as they perform.
- W** Pupils will develop their self belief as they move and travel with confidence.



Vocabulary for Learning

Champion Dancers: Champion dancers can move with control, respond to the rhythm and move in relation to the music.

Beat: The beat is the basic unit of time used to count the notes of the music or sound that a dancer is moving to. Dancers usually move on the beat (counts 1, 2, 3, 4).

Moving: means using a variety of body parts to move around the space in a creative way.

Control: means moving our bodies in time with the music, beat or sound.

Rhythm: is a repeated pattern of movements or sounds.



Sport Specific Vocabulary

Timing: In dance, timing refers to moving to the beat of the music.

Sequence: This is a combination of controlled movements that have been added together in a particular order.

Expression: refers to the actions a dancer uses to make their characters thoughts or feelings known.

