



# Physical Education

## Dance: Greeks

### Unit Purpose

The unit of work will challenge pupils to create movement using improvisation, to select and **choreograph** ideas into a sequence. Pupils will be able to use their bodies to perform technical movements with **control** and balance and good dynamics, concluding with an opening ceremony performance.

### Inspire Me

**Did you know...** The first Olympic Games began over 2,700 years ago in Olympia, Greece. The ancient games were a religious festival, held in honour of Zeus, the king of the gods.



### Key Success Criteria

- P** Pupils can perform accurately and convincingly in character with big bold actions. Pupils can perform with flow and include a change of level and dynamic.
- C** Pupils will consolidate their ability to evaluate their own and others' performances. Pupils will apply effective decision making as they construct their sequences.
- S** Pupils can consistently apply life skills such as cooperation and encouragement as they work successfully with others to execute their sequences and group performance.
- W** Pupils will demonstrate life skills such as resilience and responsibility as they support others to improve and accept feedback on their own performances.

### Vocabulary for Learning

**Excellent Dancers:** Excellent dancers interpret the music, perform with good timing and musicality, show expression and creativity and are able to choreograph.

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

**Creativity:** refers to pupils using their imagination or original ideas when performing their dance actions.

**Emotion:** refers to the feelings a dancer's character is feeling depending on their circumstances, mood, or relationships with others.



### Sport Specific Vocabulary

**Motif:** is a series of movements that are repeated.

**Compositional:** means the ability to create a dance performance in relation to a poem or piece of music.

**Improvisation:** means the ability to perform a dance sequence or movement to a particular piece of music or drama, spontaneously or without preparation.

#### Respect

Experiencing dance from a different culture

**Exploring** the Greeks using compositional principles

#### Resilience

**Extending** Greek God sequences using compositional principles

#### Reflection

**Creating** rhythmic patterns using our bodies

**Creating** movement using improvisation

#### Encouragement

**Creating** sequences with a partner in character that show relationship and interlinking movements

Performing with technical control and rhythm

#### Decision Making

Opening ceremony performance

Transition to Year 6

Year 5 Learning Journey