

Year 3 Parakeets

PE



Autumn 2



Ball skills and

Dance

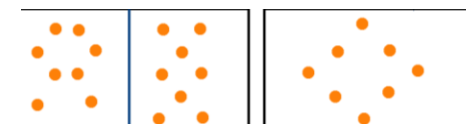
Unison



Unison in dance is when two or more dancers perform exactly the same movements at exactly the same time.

Canon is a dance technique that requires dancers to take it in turns to perform a movement. This movement is then identically copied and performed by others. An example of canon in dance would be a Mexican wave.

Dancers will use different formations to make the choreography more interesting. Dancers will stand in different positions to begin and throughout dances.

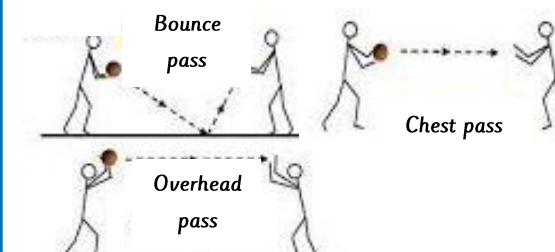


	Key Vocabulary	Definition
Ball skills	Accurate	Successful in reaching the intended target
	Block	To prevent a movement or pathway of an object
	Control	Being able to perform a skill with good technique
	Technique	The action used correctly
	Track	To move your body to get in line with a ball that is coming towards you
	Possession	When a team has the ball; they are in possession.
	Power	Speed and strength combined
Dance	Action	The movement a performer uses e.g. Travel, jump, kick
	Canon	When performers complete the same action one after the other
	Dynamics	How an action is performed e.g. Quickly, slowly, gently
	Formation	Where performers are in the space in relation to others
	Perform	To present to an audience
	Pose	A position, usually still
	Unison	Two or more people performing the same movement at the same time

Balance Balancing is an important physical skill that we use every day. Balancing means maintaining your posture during any activity, whether you are still or moving. Good balance involves a wide range of physical attributes, including muscle strength and control, coordination and awareness of your surroundings. Other physical skills, like your vision and inner ear, also have a huge bearing on how good your balance is.



Agility This is the ability to move fast and to suddenly change speed and/or direction. This could be a basketball player suddenly switching directions to keep the ball away from their opponent or a dodge in netball to lose a marker.



Types of passes

Footwork

Players cannot move with the ball. This includes dragging feet or hopping. When catching the ball, the foot that lands first must stay in contact with the floor until ball is passed.

Pivot

This is how players turn with the ball once caught. One foot remains fixed to the ground. The other foot is used to push and turn. The ball can then be released off in a different direction. If the player catching the ball lands on both feet, they may choose which foot they use to pivot.