

Year 2 Firecrests

PE – Dance & Target games



Dances inspired by:
The secret Garden
and Jack Frost

Target games

Throwing
Stepping with the opposite foot to throwing arm will help you to balance. Moving your arm quicker will give you more power.

Striking
Finish with your object/hand pointing at your target.

	Key Vocabulary	Definition
Dance	Action	A single movement that is part of the dance. Many actions can be joined in sequence.
	Counts	The beats in the music are counts. Actions can be held or performed for a specific number of counts.
	Level	Where the action is performed in relation to the ground.
	Matching	Doing the same thing as a partner, at the same time.
	Mirroring	Doing the opposite thing to a partner, as if you are a mirror's reflection of what they are doing.
	Timing	Performing actions at the correct time to the beats in the music
	Unison	Performing actions at the same time.
Target games	Accurate	Successful in reaching the intended target.
	Aim	To point or direct something at a target.
	Overarm	Thrown with the hand passing above the level of the shoulder.
	Strike	To hit, deliberately, with a club, bat or racket.
	Target	The place you intend the ball to go.
	Underarm	Thrown with the hand passing below the level of the shoulder.

Specific target skills

Overarm throw
elbow high
step forward with your opposite foot
use for distance

Roll
use a straight arm
step forwards with your opposite foot
point your hand to the target

Underarm throw
use a straight arm
step forwards with your opposite foot
point your hand for accuracy
use for accuracy

strike
swing with straight arms
feet shoulder width apart
finish with your club pointing where you want the ball to go

Dance

Actions

Placing actions in a particular order will help you to tell the story of your dance

Dynamics

You can change the way you perform actions to show an idea

Space

You can use different directions, pathways and levels in your dance

Relationships

Use counts of 8. It will help you to stay in time with your partner and the music

Performance

Use facial expressions, it will help to show the mood of your dance

Dance Safety

Barefoot always in dance lessons.

Always work in your own safe space when doing individual work.



Structuring the dance

Defining the actions and their length:

Balance (8 count),

Movement in a hoop (8 count),

Travel (8 count),

Movement around a hoop (8 count)