

Year 6: Phoenix

PE

Autumn 2

Dance and Football

Key Vocabulary	Dance Definition
aesthetics	(noun) a set of principles concerned with the nature and appreciation of beauty, especially in arts such as dance.
Bhangra	(noun) a type of popular music combining Punjabi folk traditions with Western pop music
canon	(verb) a piece in which the same melody is begun in different parts successively.
disco	(noun) a style of pop music intended mainly for dancing to, typically soul-influenced and melodic with a regular bass beat, popular particularly in the late 1970s.
dynamics	(noun) the varying levels of volume of sound in different parts of a musical performance.
formation	(noun) the way that the dance is grouped.
motif	(noun) a decorative design or pattern.
pathway	(noun) a way that serves as a path showing where the dancers will move.
set phrase	(noun) an unvarying sequence within the dance.
structure	(noun) the arrangement of and relations between the parts.
timing	(noun) the choice, judgment, or control of when something should be done.
transition	(noun) the process or a period of changing from one state or condition to another.
Key Vocabulary	Football Definition
control	(verb) to stop the ball and keep it within your possession.
possession	(noun) the state of having, owning, or controlling the ball.
jockey	(verb) a type of sideways step to keep between an attacker and the goal until a challenge is available.
receive	(verb) to be the person to whom the ball is passed.
sportsmanship	(noun) fair and generous behaviour or treatment of others, especially in a sports contest
strategy	(noun) a plan of action designed to achieve an overall aim.
turnover	(noun) a loss of possession of the ball to the opposing team.

Bhangra:

Bhangra dance is known for its celebratory elements and its motifs include many jumps and lively actions.

It involves many repeated movements including jumps and raising the arms.



Disco:

Disco music has a steady beat, and the dance style is known for moves such as the disco finger, which mainly focuses on the hips and one hand, with minimal movement below the knees; the funky chicken, in which the



dancers flapped their arms and kicked back their feet in an imitation of a chicken and the grapevine, includes side steps and steps across the support foot.

Football:

The pitch is split into two halves with a centre circle and two areas where the GKs can use their hands to catch or save the ball.

GK: Goalkeeper **DEF:** Defence **MID:** Mid Field **ATT:** Attack



Positions/Tactics: Certain players will be better at certain skills which will help decide what position they play: GK, DEF, MID, ATT are the main positions. In a game, you need a balance of positions, and not all of the team can be attackers.

Shooting: In order to win a game, you need to score goals, usually by shooting at the goal. Being able to shoot accurately and powerfully is a perfect recipe for success! Aiming away from the goalkeeper and into the corners of the net give the best chance for scoring a goal.