

Year 2 Firecrests

PE – Dance & Target games

Spring 1

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)