

# Swans PE Spring 1

## Target Games Dance

### Dance

Dance is an art form which is often classified as a sport. It is where people sequence body movements with the beat of a piece of music. Learning to dance can help with keeping a beat and learning how to move the body in different ways.

Dancers use their dances to tell a story and use the movements to represent different ideas.



	Key Vocabulary	Definition
Target Games	<i>accurate</i>	Successful in reaching the intended target
	<i>distance</i>	The length of space between two points
	<i>opposite</i>	The reverse of something
	<i>overarm</i>	The hand or arm passing above the level of the shoulder
	<i>target</i>	The object where something is directed
	<i>technique</i>	The way of carrying out a particular skill
	<i>underarm</i>	The hand or arm below shoulder level
Dance	<i>actions</i>	The act that is being done
	<i>beat</i>	The basic unit of time in music which can be danced to
	<i>count</i>	To say numbers one after the after in order
	<i>dance</i>	To move rhythmically to music
	<i>movement</i>	The act of moving n a particular way
	<i>shape</i>	To set oneself to perform a particular action

### Teamwork



When working as a team it is important to listen to your partner and give clear instructions in order to keep your partner safe.

It is also important to talk, listen and share ideas with other people in order to complete a task.

### Target Games

Target games are games where you throw something at a target. There are different ways to reach the target including overarm and underarm throws. Overarm throwing is used when the target is a greater distance away. Underarm throwing is used when the target is closer.



### Warm up and Cool down

Warming up is important because it helps to reduce the amount of injuries which can be caused by playing sport. Cooling down is important because it helps to gradually reduce heart rate and stretch out the muscles which have been used during exercise.

### Warm up ideas:

Jelly on a plate



Fruit bowl

Bug hunt

Action Cones



*End of Unit: Target Games and Dance*

*Why is it important to listen to the music in Dance?*

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*If you are throwing the beanbag a long distance do you use an overarm or underarm throw?*

*Overarm*

*Underarm*

*Why is it important to warm up before you exercise?*

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