

# SUBJECT: PE

## UNIT: Year 7 Dance



Dance is the art of rhythmic body movement, often to music, used for aesthetic expression, storytelling, social connection, ritual, or sheer enjoyment, encompassing planned choreography or spontaneous improvisation across all cultures and eras. It's a universal language where the body becomes the instrument, conveying emotions, ideas, or narratives through patterns of movement, whether performed for an audience or shared within a community.

### Techniques used in dance:

#### Performance Skills

- Demonstrating control, focus, and confidence.
- Using clear body actions (travel, turn, jump, gesture, stillness).
- Showing awareness of space, timing, and energy.
- Performing with expression and clarity.
- Taking part in learning the Haka

#### Choreography Skills

- Creating short movement sequences.
- Working alone or in small groups.
- Using simple choreographic devices:
  - Repetition
  - Unison
- Exploring movement ideas with creativity.

#### Appreciation Skills

- Watching and discussing dance.
- Describing what is effective in a performance.
- Using feedback to improve.
- Learning how to critique sensitively and supportively

### Key Dance Actions

- **Travel** – moving from one place to another.
- **Turn** – rotating or changing direction.
- **Jump** – leaving and returning to the floor.
- **Gesture** – small movements, often of the hands, head, or arms.
- **Stillness** – holding a shape or position with control.

### Group Work Expectations

- Cooperate and share ideas respectfully.
- Listen to others and contribute creative suggestions.
- Develop confidence when performing.
- Build teamwork skills through group choreography.

