

SUBJECT: PE

UNIT: Year 8 Dance



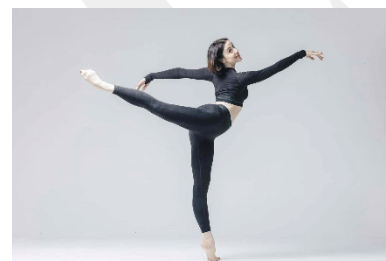
Dance is a way of moving your body rhythmically, often to music. People use dance to express feelings, tell stories, connect with others, or simply to have fun. Every culture around the world has its own styles of dance, and it can be planned (choreographed) **or** made up on the spot (improvised). In dance, your body acts like an instrument that helps you communicate ideas, emotions, and narratives without needing words.

Key movement vocabulary

- Show **control**, **focus**, and **confidence** when dancing.
- Use clear body actions: **travelling**, **turning**, **jumping**, **gesturing**, and **stillness**.
- Be aware of your **space**, **timing**, and **energy**.
- Perform with **expression** and **emotion** so the audience understands the mood or story.

Choreography Skills

- Create short sequences of movement.
- Work on your own or in small groups.
- Use simple choreography tools such as:
 - **Repetition** (doing something again)
 - **Unison** (moving at the same time as others)
 - **Cannon** (moving one after another such as the Mexican wave)
- Explore movement ideas with imagination and creativity such as learning the Haka



Key Dance Actions

Dynamics - How the movement is performed

- Sharp / smooth
- Fast / slow
- Heavy / light
- Sudden / sustained



Space - How dancers use the performance area

- **Levels** – high, medium, low
- **Directions** – forwards, backwards, sideways
- **Pathways** – straight, curved, zig-zag
- **Size** – big or small movement

Group Work Expectations

- Work cooperatively and treat others' ideas with respect.
- Listen carefully and join in with creative suggestions.
- Build your confidence when performing for others.
- Develop teamwork skills by creating group choreography together.

