

Medium Term Plan – PE – y1

Pre-learning	Knowledge	Vocabulary	Learning Sequence (see REAL Dance platform)
	Declarative To know how to:		
	Shapes * Create multiple standing and floor shapes - balanced on both feet. - with limbs in different planes. - with 3 points of contact. - facing down. * Travel between shapes including jumping. Circles * Create movements led by large horizontal single arm circles and semi-circles leading into: - stepping. - turning. * Jump from a static position, arms up and down. Partnering (Shapes) * Create standing and floor shapes in contrast to my partner's - with our body parts crossing over. * Travel between shapes in unison. Partnering (Circles) * Turn forwards and backwards through horizontal large arm circle - and finish away. - in unison. - in canon. * Create, in unison, jumps with rotation from a static position Partnering (Lifts) * Create partner balances - with hand on shoulder contact. - facing my partner. * Create and support jumps - with hand to elbow contact. - with hands on waist and shoulders in contact. - facing my partner. - with 2-feet take-off and landing.	Jump Turn Count Travel (skipping, hopping, jumping) Direction (forwards, backwards and sideways) Space	Shapes solo Stuck in the dance Shapes solo Give your dance a shape Moving from a painting Taps for congrats Artistry musicality Stuck in the dance Artistry musicality Feel the beat, feel the rhythm Moving using words Taps for congrats Partnering shapes Stuck in the dance Partnering shapes With two, dancing is twice as good Moving like insects Taps for congrats Circles solo Dance baby Circles solo Turning jumping moving Working with a prop Questions carousel Artistry abstraction Dance baby Artistry abstraction Follow the silk Revisiting moving from a painting Questions carousel Artistry making Dance baby Show us your best Working with a theme Questions carousel

	Artistry (Abstraction) * Create 2 ways of moving linked to the silk - using both hands at the same time. - connected to standing shapes. Artistry (Musicality)* * Create shapes and movements to express how the music makes me feel - following 1 instrument. - following a story with movement. Artistry (Making) * Create a sequence of 4 moves with some being different to my partner's.		
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Medium Term Plan – PE – Y2 Dance

Length of unit - 6 Sessions

Pre-learning (Year 1)	Knowledge	Vocabulary	Learning Sequence (see REAL Dance platform)
	Declarative To know how to:		
Shapes * Create multiple standing and floor shapes - balanced on both feet. - with limbs in different planes. - with 3 points of contact. - facing down. * Travel between shapes including jumping. Circles * Create movements led by large horizontal single arm circles and semi-circles leading into: - stepping. - turning. * Jump from a static position, arms up and down. Partnering (Shapes) * Create standing and floor shapes in contrast to my partner's - with our body parts crossing over.	Shapes * Create multiple standing and floor shapes - with torso beginning to rotate. - with 3 points of contact with the floor. - facing down and up. * Travel between shapes including jumping with rotation. Circles * Create movements led by large vertical single arm circles and semi-circles leading into - stepping. - body movements. - turning. - jumps with 180° and 360° rotations. Partnering (Shapes) * Create standing and floor shapes - opposite and entwined with my partner.	Travel (skipping, hopping, galloping, jumping)	Shapes solo Alphabet soup Shapes solo Give your dance a shape Moving from a painting Magic bean bags
			Partnering shapes Alphabet soup Partnering shapes Hand in hand we move Making dance from sporting actions Magic bean bags
			Circles solo Alphabet soup Circles solo Round and round Inspired by words Magic bean bags

* Travel between shapes in unison. Partnering (Circles) * Turn forwards and backwards through horizontal large arm circle - and finish away. - in unison. - in canon. * Create, in unison, jumps with rotation from a static position Partnering (Lifts) * Create partner balances - with hand on shoulder contact. - facing my partner. * Create and support jumps - with hand to elbow contact. - with hands on waist and shoulders in contact. - facing my partner. - with 2-feet take-off and landing. Artistry (Abstraction) * Create 2 ways of moving linked to the silk - using both hands at the same time. - connected to standing shapes. Artistry (Musicality)* * Create shapes and movements to express how the music makes me feel - following 1 instrument. - following a story with movement. Artistry (Making) * Create a sequence of 4 moves with some being different to my partner's.	- in close contact but without touching. * Incorporate jumping when travelling between shapes - in canon. Partnering (Circles) * Create movement and turn forwards and backwards through horizontal and vertical large arm circle and semi-circle - in unison. - finishing in partner shapes. * Create jumps from foot circles - jumping in unison. Partnering (Lifts) * Create partner balances leaning away from each other with hand-to-hand contact. * Create and support jumps with hand to elbow contact - facing each other. - using a 2-foot take-off and landing, with 180° rotation. Artistry (Abstraction) * Create 2 ways of moving linked to the silk - using 3 or 4 limbs and pausing throughout my movement. - fluently and without stopping. Artistry (Musicality)* * Create shapes, circles and silk movements to - express the music. - change my moves so they match different music. Artistry (Making) * Create a sequence of 5 static and dynamic moves - in contrast to my partner's. - using different partner shapes. - at different levels. - with different timings.	Partnering circles Follow the leader Partnering circles Turn me Turn you Using the space you are in as inspiration Questions carousel Artistry abstraction Follow the leader Artistry abstraction Silky smooth moves and grooves Revisiting moving from a painting Questions carousel Artistry making Follow the leader Artistry making Time to show your best Working with a theme Questions carousel
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Medium Term Plan – PE – Y3 Dance

Length of unit - 6 Sessions

Pre-learning (year 2)	Knowledge	Vocabulary	Learning Sequence (see REAL Dance platform)
	Declarative To know how to:		
Shapes * Create multiple standing and floor shapes - with torso beginning to rotate. - with 3 points of contact with the floor. - facing down and up. * Travel between shapes including jumping with rotation. Circles * Create movements led by large vertical single arm circles and semi-circles leading into - stepping. - body movements. - turning. - jumps with 180° and 360° rotations. Partnering (Shapes) * Create standing and floor shapes - opposite and entwined with my partner. - in close contact but without touching. * Incorporate jumping when travelling between shapes - in canon. Partnering (Circles) * Create movement and turn forwards and backwards through horizontal and vertical large arm circle and semi-circle - in unison. - finishing in partner shapes. * Create jumps from foot circles - jumping in unison. Partnering (Lifts) * Create partner balances leaning away from each other with hand-to-hand contact.	Shapes * Create multiple standing and floor shapes - with torso rotated. - with 3 points of contact with the floor. - facing up and sideways. * Travel between shapes including stepping into jumping. * Rotate in jumps. Circles * Create exact and repeatable movement led by both single arm and leg circles and semi- circles leading into: - body dropping and turning. - turning with body tilted. - jumps with 180° and 360° forward and backward rotations. (starfish and barrel roll jumps). Partnering (Shapes) * Create standing and floor shapes - opposite and entwined with my partner. - as close as possible without touching. - facing up, down and sideways. - jumping with rotation when moving between shapes. - in canon. Partnering (Circles) * Create movement led by horizontal and vertical single arm circles and semi-circles - followed with steps. - followed with body action. - in unison. - in canon. - mirroring my partner. Partnering (Lifts) * Create partner balances with one standing and the other on the floor.	Freeze Frame (stillness) Unison Cannon Set	Shapes solo Follow the leader Shapes solo Give your dance a shape Moving from a painting Comfort stretch panic Circles solo Follow the leader Circles solo Young creators Water as inspiration Comfort stretch panic Partnering shapes Follow the leader Partnering shapes Partners in creation Bodies in different shapes and moves Comfort stretch panic Partnering lifts All change Partnering lifts Lift to the skies Feelings-happiness sadness Questions carousel Partnering circles All change Partnering circles Lord of the rings Revisiting moving from a painting Questions carousel Artistry making All change Artistry making

* Create and support jumps with hand to elbow contact - facing each other. - using a 2-foot take-off and landing, with 180° rotation. Artistry (Abstraction) * Create 2 ways of moving linked to the silk - using 3 or 4 limbs and pausing throughout my movement. - fluently and without stopping. Artistry (Musicality)* * Create shapes, circles and silk movements to - express the music. - change my moves so they match different music. Artistry (Making) * Create a sequence of 5 static and dynamic moves - in contrast to my partner's. - using different partner shapes. -	* Create and support jumps palm to palm/palm to lower back with a 180° turn in the air and 1 foot take-off and landing. Artistry (Abstraction) * Create multiple ways of moving linked to the silk - pausing my movement to create shapes. - using those shapes as my starting and finishing positions. - including jumps with rotation. Artistry (Musicality)* * Create shapes, circle and silk movements - at different speeds to follow the music without stopping. - making them specific to stress what the music is doing. Artistry (Making) * Create a sequence of a minimum of 5 moves - similar and then in contrast to my partner's. - with various starting and finishing positions.		Creative mania Working with a theme Questions carousel
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Medium Term Plan – PE – Y4 Dance

Length of unit - 6 Sessions

Pre-learning (Year 3)	Knowledge	Vocabulary	Learning Sequence (see REAL Dance platform)
	Declarative To know how to:		
Shapes * Create multiple standing and floor shapes - with torso rotated. - with 3 points of contact with the floor. - facing up and sideways. * Travel between shapes including stepping into jumping. * Rotate in jumps. Circles * Create exact and repeatable movement led by both single arm and leg circles and semi- circles leading into: - body dropping and turning. - turning with body tilted. - jumps with 180° and 360° forward and backward	Shapes * Create multiple standing and floor shapes - balanced on 1 foot. - with arms at different planes. - with torso rotated and bent. - with 2 points of contact with the floor. - facing up and sideways. * Travel between shapes including rotation -on the floor and in the air. -in different directions Circles * Create sequences of movement led by combined arm, shoulder, leg and foot circles and/or semi-circles leading into:	Step (transfer of weight) Sequence Expression	Shapes solo Follow the leader Shapes solo Give your dance a shape Moving from a painting Comfort, stretch, panic
			Circles solo Follow the leader Circles solo Young creators Water as inspiration Comfort, stretch, panic
			Partnering shapes Follow the leader Partnering shapes Partners in creation

rotations. (starfish and barrel roll jumps). Partnering (Shapes) * Create standing and floor shapes - opposite and entwined with my partner. - as close as possible without touching. - facing up, down and sideways. - jumping with rotation when moving between shapes. - in canon. Partnering (Circles) * Create movement led by horizontal and vertical single arm circles and semi-circles - followed with steps. - followed with body action. - in unison. - in canon. - mirroring my partner. Partnering (Lifts) * Create partner balances with one standing and the other on the floor. * Create and support jumps palm to palm/palm to lower back with a 180° turn in the air and 1 foot take-off and landing. Artistry (Abstraction) * Create multiple ways of moving linked to the silk - pausing my movement to create shapes. - using those shapes as my starting and finishing positions. - including jumps with rotation. Artistry (Musicality)* * Create shapes, circle and silk movements - at different speeds to follow the music without stopping. - making them specific to stress what the music is doing. Artistry (Making) * Create a sequence of a minimum of 5 moves - similar and then in contrast to my partner's.	- turning. - jumping with good height, speed and various body shapes in the air. Partnering (Shapes) * Create standing and floor shapes: - at different levels. - without contact. - with 1 hand contact. * Jump with backward rotation when moving between shapes. Partnering (Circles) * Create exact and repeatable movement led by both single arm and leg circles and semi- circles leading into: - body dropping and turning. - turning with body tilted. - jumps with 180° and 360° forward and backward rotations (starfish and barrel roll jumps). * Create sequences of movement led by large horizontal and vertical single arm and leg circles and semi- circles - with turns led by arms, foot and knee. - in unison. - at different speeds/directions. Partnering (Lifts) * Create and support jumps palm to palm/palm to lower back - with 360° rotation in the air. - with 1 foot take-off and landing. - holding star shape in the air. - finishing by leaning against my partner. - in canon. Artistry (Abstraction) * Create multiple ways of moving linked to the silk - where silk moves lead me into stepping, jumping, floor moves and floor shapes. Artistry (Musicality)* * Create combination of shapes, circle and silk moves - matching the energy of the music.		Bodies in different shapes and moves Comfort, stretch, panic Partnering lifts All change Partnering lifts Lift to the skies Feeling-happiness and sadness Questions carousel Partnering circles All change Partnering circles Lord of the rings Revisiting moving from a painting Questions carousel Artistry making All change Artistry making Creative mania Working with a theme Questions carousel
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- with various starting and finishing positions.	- in time to the beat and the rhythm. - matching 1 instrument playing off the main beat. * Perform both in my and my partner's place. Artistry (Making) * Create a sequence of a minimum of 5 moves - with limbs in different planes and directions. * Perform both in my and my partner's place.		
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Medium Term Plan – PE – Y5 Dance

Length of unit - 6 Sessions

Pre-learning (Year 4)	Knowledge	Vocabulary	Learning Sequence (see REAL Dance platform)
	Declarative To know how to:		
Shapes * Create multiple standing and floor shapes - balanced on 1 foot. - with arms at different planes. - with torso rotated and bent. - with 2 points of contact with the floor. - facing up and sideways. * Travel between shapes including rotation -on the floor and in the air. -in different directions Circles * Create sequences of movement led by combined arm, shoulder, leg and foot circles and/or semi-circles leading into: - turning. - jumping with good height, speed and various body shapes in the air. Partnering (Shapes) * Create standing and floor shapes: - at different levels.	Shapes * Create multiple standing and floor shapes - balanced on 1 foot with other foot higher than 45°. - with 2 points of contact using combination of hands, arms and shoulders for support. * Travel between shapes including rotation - on the floor (spirals and turns) and in the air. - in different directions. - at different speeds. Circles * Create complex movement led by a combination of circles made with different body parts and in different planes leading into - stepping, body movements and turns. - jumps with 1 foot take-off and landing, other leg extended. - jumps with 180° rotation and change of direction in the air (landing facing backwards). Partnering (Shapes) * Create standing and floor shapes in close contact - both balancing on 1 foot. - cross-bodied with 2 points of contact with the floor.	Gesture	Shapes solo Dance battles Shapes solo Making it happen Moving from a painting Gift cards
		Movement	
		Memory	
		Trigger	
		Torso	Circles solo Dance battles Circles solo Get turning Using large props as inspiration Gift cards
		planes	Artistry abstraction Dance battles Partnering shapes Make like silk Freeze frames Gift cards
			Artistry musicality Follow the leader Partnering lifts Feel the music

- without contact. - with 1 hand contact. * Jump with backward rotation when moving between shapes. Partnering (Circles) * Create exact and repeatable movement led by both single arm and leg circles and semi- circles leading into: - body dropping and turning. - turning with body tilted. - jumps with 180° and 360° forward and backward rotations (starfish and barrel roll jumps). * Create sequences of movement led by large horizontal and vertical single arm and leg circles and semi- circles - with turns led by arms, foot and knee. - in unison. - at different speeds/directions. Partnering (Lifts) * Create and support jumps palm to palm/palm to lower back - with 360° rotation in the air. - with 1 foot take-off and landing. - holding star shape in the air. - finishing by leaning against my partner. - in canon. Artistry (Abstraction) * Create multiple ways of moving linked to the silk - where silk moves lead me into stepping, jumping, floor moves and floor shapes. Artistry (Musicality)* * Create combination of shapes, circle and silk moves - matching the energy of the music. - in time to the beat and the rhythm. - matching 1 instrument playing off the main beat. * Perform both in my and my partner's place. Artistry (Making) * Create a sequence of a minimum of 5 moves - with limbs in different planes and directions.	* Travel with my partner - incorporating spirals, rotation on the floor, jumping and cross. - bodied finishing positions. Partnering (Circles) * Create sequences of movement led by combinations of circles made with different body parts and in different planes - leading into and out of turning. - in unison. - while mirroring. Partnering (Lifts) * Create sequences of movement, turning and jumping - leading into and out of partner supports. - leaning towards and away from my partner. - in unison. - in canon. - independently from my partner. Artistry (Abstraction) * Create multiple ways of moving linked to the silk - where the silk moves lead me into jumping, a turn and a jump, floor and floor shapes. - fluently without stopping. Artistry (Musicality) * Create a combination of shapes, circle and silk moves - both matching and in contrast to the melody or the main song line. - responding to musical phrases. Artistry (Making) * Create a sequence of a minimum of 6 various moves - with movements made both with arms and legs. - in unison followed by moves in contrast and performed independently of my partner.		Using the movements of various creatures Comfort, panic, stretch Partnering lifts Follow the leader Partnering circles Flying and leaning Revisiting moving from a painting Comfort, panic, stretch Artistry making Follow the leader Artistry making Epic performance Working with a theme Comfort, panic, stretch
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* Perform both in my and my partner's place.			
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Medium Term Plan – PE – Y6 Dance

Length of unit - 6 Sessions

Pre-learning (Year 5)	Knowledge	Vocabulary	Learning Sequence (see REAL Dance platform)
	Declarative To know how to:		
Shapes * Create multiple standing and floor shapes - balanced on 1 foot with other foot higher than 45°. - with 2 points of contact using combination of hands, arms and shoulders for support. * Travel between shapes including rotation - on the floor (spirals and turns) and in the air. - in different directions. - at different speeds. Circles * Create complex movement led by a combination of circles made with different body parts and in different planes leading into - stepping, body movements and turns. - jumps with 1 foot take-off and landing, other leg extended. - jumps with 180° rotation and change of direction in the air (landing facing backwards). Partnering (Shapes) * Create standing and floor shapes in close contact - both balancing on 1 foot. - cross-bodied with 2 points of contact with the floor. * Travel with my partner - incorporating spirals, rotation on the floor, jumping and cross. - bodied finishing positions.	Shapes * Create multiple standing and floor shapes - balanced on the ball of each foot higher than 45°. - with torso forward. - with arms short. - with 2 points of contact supported on hands, arms and/ or shoulders. - with limbs outstretched. * Travel between shapes, including jumps with backward rotation (barrel roll jump). Circles * Create complex movement led by circles of all sizes and in different planes, performed simultaneously by different body parts leading into - stepping, body action and turning. - jumping with 360° rotation. - jumping with 1 foot take-off and landing. - jumping with change of leg position in the air. Partnering (Shapes) * Create standing and floor shapes - with contact. - balanced on the ball of 1 foot, arms short. - with 2 points of contact using hands, arms and/or shoulders for support. * Travel together with my partner - using spirals, rotation on the floor and in the air. - in different directions and at different speeds.	Dynamics Tempo Musicality Rhythm Composition	Shapes solo Dance battles Shapes solo Making it happen Moving from a painting Gift cards
			Circles solo Dance battles Circles solo Get turning Using large props as inspiration Gift cards
			Artistry abstraction Dance battles Partnering shapes Make like silk Freeze frames Gift cards
			Artistry musicality Follow the leader Partnering lifts Feel the music Using the movements of various creatures Comfort, panic, stretch
			Partnering lifts Follow the leader Partnering circles

Partnering (Circles) * Create sequences of movement led by combinations of circles made with different body parts and in different planes - leading into and out of turning. - in unison. - while mirroring. Partnering (Lifts) * Create sequences of movement, turning and jumping - leading into and out of partner supports. - leaning towards and away from my partner. - in unison. - in canon. - independently from my partner. Artistry (Abstraction) * Create multiple ways of moving linked to the silk - where the silk moves lead me into jumping, a turn and a jump, floor and floor shapes. - fluently without stopping. Artistry (Musicality) * Create a combination of shapes, circle and silk moves - both matching and in contrast to the melody or the main song line. - responding to musical phrases. Artistry (Making) * Create a sequence of a minimum of 6 various moves - with movements made both with arms and legs. - in unison followed by moves in contrast and performed independently of my partner.	Partnering (Circles) * Create sequences of movement led by combinations of circles made with different body parts and in different planes - leading into and out of turning followed by jumping. - in unison. Partnering (Lifts) * Create higher lifts and supported jumps, including jumping towards my partner. * Create sequences of movement that lead into and out of higher lifts. Artistry (Abstraction) * Create multiple ways of moving linked to the silk - where silk moves lead me into jumping, floor work and into floor shapes. - pausing in balanced shapes in between moves. * Perform continuously from start to finish and in reverse. Artistry (Musicality) * Create a combination of shapes, circle and silk moves - in response to the melody, the beats and the character of the music. - to various musical pieces adapting to what I hear. Artistry (Making) * Create a sequence of a minimum of 6 moves - with various travelling distances and movement pathways. - In unison. - independently of my partner. - in unison, and in contrast to my partner's, mixed throughout my dance.		Flying and leaning Revisiting moving from a painting Comfort, panic, stretch Artistry making Follow the leader Artistry making Epic performance Working with a theme Comfort, panic, stretch
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