



PE - Dance and Team Games

Overview:

In this *PE* topic you will get the opportunity to work together as a class completing a variety of different team games. You will understand the importance of team work. You will also complete a dance routine based on movements of dinosaurs and working with a partner to create these routines.

What I already know...

- To be able to move your body with control.
- To have an awareness of space and moving around with control.
- Using movement imaginatively when listening to music.

Relevant significant Events and People and ideas

Dinosaurs The class working as a team

By the end of this unit...

you will be able to:

- Move in time with music learning four dinosaur dance moves.
- Work with a partner to create a specific dance routine with those four dance moves.
- Work and communicate effectively within a team.
- To understand and use the skills involved to get the most out of yourself and your team when

Key Vocabulary

Team work	Dance	Fairness
Travelling	Competition	Working together
Sequence	Mirroring	Freezing

Key Questions

What is team work?

Why is working as a team important?

Why is it important to warm up and warm down before and after exercise?

How do dinosaurs move?