

PE - Dance and sending/receiving

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 on a specific topic and working with groups 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.
- To have control when throwing a ball.
- To know that team work is an important part of team games.

Relevant ideas

The class working as a team



By the end of this unit...

you will be able to:

- Move in time with music learning dance moves around the theme of jobs in the Great Fire of London.
- Work with a partner to create a specific dance routine.
- Work and communicate effectively within a team.
- Send and receive an object to a partner or target in a variety of different ways.
- Use multi-skill games to produce a great level of teamwork and focus.

Key Vocabulary

Team work	Dance	Fairness
Encouragement	Competition	Working together
Listening	Receiving	Sending

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 can we work together to get the best out of everyone.