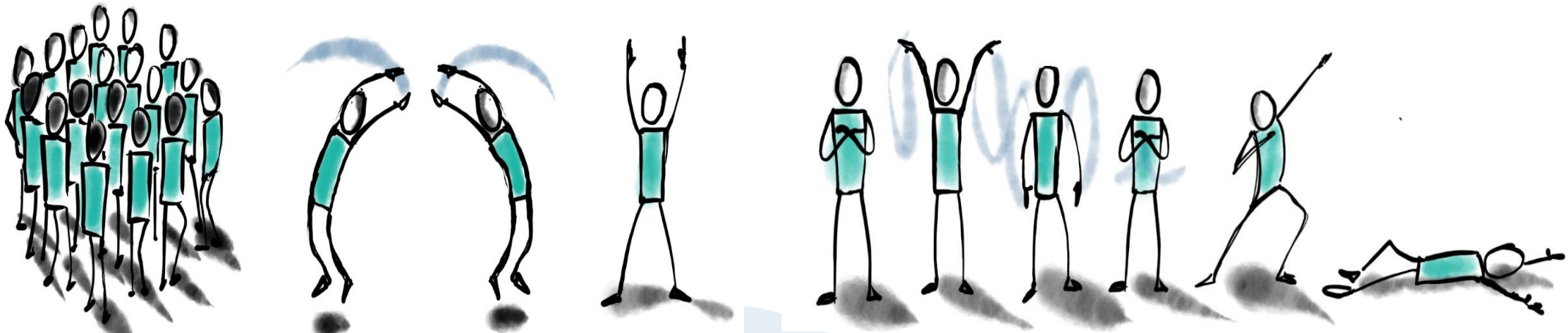


Dance involves movements of the body with rhythm, usually to music. Instead of using words, we can use dance as a way of expressing ourselves and our feelings. Dance also improves our fitness, gives us better coordination, and helps us to connect with other people.



routine co-ordination fluency
music unison
performance
beat of 8



STEPS TO SUCCESS

These are the skills I need to achieve success in LKS2 Dance:

Perform dances using a range of movement patterns.
Link movement patterns together.
Work on your own, with a partner and in a group.

Create, practice and perform more complex dances.
Perform as various characters when moving to music.
Communicate feeling through Dance.