

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.

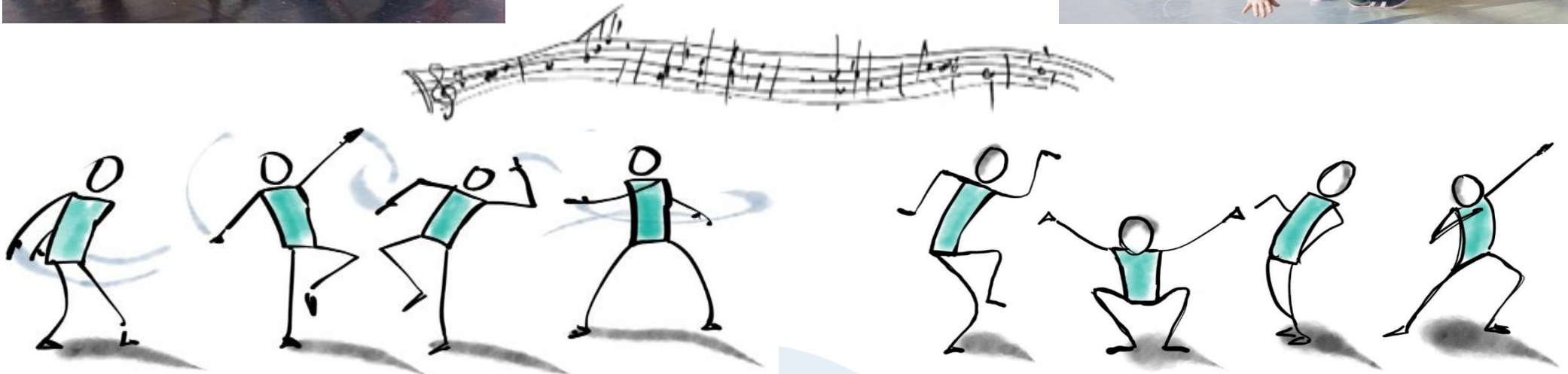


smart performance

express teamwork

neat phrase

beat of 8



STEPS TO SUCCESS

These are the skills I need to achieve success in KS1 Dance:

To move in different ways.

To move with control.

To work individually and with others.

To move to music showing expressive qualities of dance.

To be creative and compose short dances.

To participate in a performance.