

PE Mid-Term Planning for 2022 - 2023 Spring 1



We are a Right Respecting School and this statement supports the following articles from the UN Convention on the Rights of a Child

Article 13: (Freedom of expression): Every child has the right to share information in any way they choose, including by talking, drawing or writing as long as it does not harm others.

Article 28: (Right to education): Every child has the right to a primary education, which should be free. They should be encouraged to reach the highest level of education of which they are capable.

Article 29: (Goals of education) Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures, and the environment.

Article 31: (Leisure, play and culture): Children have the right to relax and play, and to join in a wide range of cultural, artistic and other recreational activities.

Strand covered	Dance Year 5 (Street Jazz)				
Cross-curricular links	Science (The Human Body)				
	Week 1	Week 2	Week 3	Week 4	Week 5
Software	iMove 2023	iMove 2023	iMove 2023	iMove 2023	iMove 2023
Learning intention These skills have been taken from the progression framework	To understand basic movements of Street Jazz	To make link complex or extended sequences	To combine action, balance and shape	To movements are accurate, clear and consistent (Street Jazz)	To perform their routine (Street Jazz)
Skills	Physical Knowledge: Can describe their own actions with detail and communicate a dance idea. Physical Skills: Can use stillness effectively, paying attention to tension & extension in the whole body. Creative/Compositional Skills: Can use Unison, Canon, mirroring & contact work, contrast & complement. Interpersonal Skills: Can anticipate possible safety issues and take avoiding action.	Physical Knowledge: Can describe the actions of others in detail & articulate what they felt the dance communicated. Physical Skills: Can sustain a variety of static or dynamic balances. Creative/Compositional Skills: Can recall a complex pattern of moves with a good degree of repetition & accuracy. Interpersonal Skills: Can respond to the ideas of others and combine ideas.	Physical Knowledge: Can use a wide variety of action, space & dynamic words. Physical Skills: Can perform & adapt a wide range of travelling actions using different pathways. Creative/Compositional Skills: Can suggest & demonstrate variations to an action e.g., jump... on the spot/travelling/shape in the air... Interpersonal Skills: Can work in groups of a variety of sizes & in different roles.	Physical Knowledge: Can describe their own actions with detail and communicate a dance idea. Physical Skills: Can perform a variety of turns on the spot (both clockwise & anticlockwise). Creative/Compositional Skills: Can generate several ideas in response to a task and selects & orders work well. Interpersonal Skills: Can offer constructive feedback sensitively	Physical Knowledge: Can describe relationships e.g. solo/duet, formations, over/under and what this communicates. Physical Skills: Can use facial expression appropriately to give a sense of character or mood. Creative/Compositional Skills: Can identify how different tempo, rhythm, structure & mood contribute towards the overall effect. Interpersonal Skills: Can listen & watch attentively and regularly contributes opinions.