

# Indian Dance

*This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through dance. In addition, we evaluate and recognise our own successes.*

Dance: Children should be taught to perform dances using simple movement patterns.

We will learn Indian dance movements and sequence them together to perform a dance with a partner/ small group.

We will evaluate our own and each other's performances to improve them further.

Key Vocabulary		
dance	turn the lightbulb	forwards
sequence	wash the windows	backwards
pattern	beating heart	right
movement	rotate	left
evaluate	turn	performance



Rate your dance skills out of 5 stars	
I can perform simple Indian dance movements	★ ★ ★ ★ ★
I can join movements together to create a sequence	★ ★ ★ ★ ★
I can work with a friend/small group to create a sequence	★ ★ ★ ★ ★
I can perform my dance to an audience	★ ★ ★ ★ ★
I can evaluate my performance	★ ★ ★ ★ ★

# Fitness Track

*This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through using the track. In addition, we evaluate and recognise our own successes.*

Fitness track:

We will learn to develop our fitness by performing different activities and games whilst running around the track. We will learn to build our stamina and breathe correctly. Additionally, we will work as a team and support our peers.

## Key Vocabulary

run	move	breathe	track
fitness	fast	slow	pace
time	personal best	stamina	posture



## Rate your track fitness out of 5 stars

I can run at different speeds	★ ★ ★ ★ ★
I know the difference between walking, jogging and sprinting	★ ★ ★ ★ ★
I can run half the track without stopping	★ ★ ★ ★ ★
I can complete the track without stopping	★ ★ ★ ★ ★
I can participate in a relay race around the track	★ ★ ★ ★ ★