



# PE Topic Journey Overview Y5

Y5 PE Topic: Dance

# PE Topic: Y5 Dance Hip-hop (from imoves)

**Lesson 1**  
Key Skills: To be able to perform basic movements to music, and to build a simple themed dance focusing on Hip Hop Locking.

Activities: Introduction to Beat and Rhythm  
Learning basic combinations using the Locking Toolkit: Creating Locking Freestyle Set 1  
Performance

Outcomes: Create and develop new movements to include: travelling, turning, jumping, balance, levels and using different planes of movement within a specific style including dance styles from different times, places and cultures.

**Lesson 2**  
Key Skills: To be able to perform basic movements to music, and to build a simple themed dance focusing on Hip Hop Locking.

Activities: Recap to Beat and Rhythm  
Recap on the combinations from the previous session using the Locking Toolkit to reinforce good technique if necessary  
Building on Locking combination 1: Moves 5-7  
Performance

Outcomes: Combine skills to develop flexibility, strength, technique, control and balance.

**Lesson 3**  
Key Skills: To be able to perform basic movements to music, and to build a simple themed dance focusing on Hip Hop Locking.

Activities: Recap the combinations from the previous session using the Locking Toolkit to reinforce good technique if necessary  
Locking Dance off (10 minutes)  
Cool down freestyle activity

Outcomes: Create and express imaginative ideas in a specific style.

# PE Topic: Y5 Dance Ancient Greeks (from imoves)

**Lesson 1**  
Key Skills: To be able to perform basic movements to music, and to build a simple themed dance focusing on Greeks Dance.

Activities: Recap to Beat and Rhythm  
Create a combination using the Greeks interactive video  
Practice moves 1-5  
Performance

Outcomes: Create and develop new movements to include: travelling, turning, jumping, balance, levels and using different planes of movement within a specific style.

**Lesson 2**  
Key Skills: To be able to perform basic movements to music, and to build a simple themed dance focusing on Greeks Dance.

Activities: Introduction to Beat and Rhythm  
Create a combination using the Greeks toolkit part 2 Building the House  
Create routine The Gift Horse Celebration Circle Weave  
Performance

Outcomes: Combine skills to develop flexibility, strength, technique, control and balance.

**Lesson 3**  
Key Skills: To be able to perform basic movements to music, and to build a simple themed dance focusing on Greeks Dance.

Activities: Create combination using Greeks toolkit part 3 called The Big Surprise  
Partner Work: The Big Fight  
Performance  
The Big Finale

Outcomes: Create and express imaginative ideas in a specific style.

# PE Topic: Y5 Dance Soccer Jam (from imoves)

**Lesson 1**  
Key Skills: To be able to perform basic movements to music, and to build a simple Soccer Jam themed dance focusing on Football.

Activities: Introduction to Beat and Rhythm  
Warm-ups from movie  
Build choreography using 3 moves from toolkit  
Performance

Outcomes: Create and develop new movements to include: travelling, turning, jumping, balance, levels and using different planes of movement within a specific style.

**Lesson 2**  
Key Skills: To be able to perform basic movements to music, and to build a simple Soccer Jam themed dance focusing on Football.

Activities: Recap football choreography from previous week using a bean bag  
Build choreography from the toolkit  
Performance

Outcomes: Create and develop new movements to include: travelling, turning, jumping, balance, levels and using different planes of movement within a specific style.

**Lesson 3**  
Key Skills: To be able to perform basic movements to music, and to build a simple Soccer Jam themed dance focusing on Football.

Activities: Recap football choreography from weeks 1 and 2  
Introduce moves 7,8 and 9  
Practice Dance  
Performance

Outcomes: Create and express imaginative ideas in a specific style.

# PE Topic: Y5 Dance Vikings (from imoves)

## Lesson 1

**Key Skills:** To be able to perform basic movements to music, and to build a simple themed dance focusing on the Vikings.

**Activities:** Introduction to Beat and Rhythm

The group actively performs their 3 chosen moves linking them together as follows: · Travelling (30 seconds) · Turning (30 seconds) · Leaping (30 seconds)

Each group create different movements to show they are Viking Ship.

Movements for each part of the ship to include: · A Mast Head · The Oars · The Sails · The Waves

**Outcomes:** Copy and repeat and develop more movement skills to include: travelling, turning, jumping, balance, levels and using different planes of movement.

## Lesson 2

**Key Skills:** To be able to perform basic movements to music, and to build a simple themed dance focusing on the Vikings.

**Activities:** Recap how dance is created by movements that Travel, Turn, Jump, Pause, Fall and Tell a story (Gesture)

**Creative task 1:** Vikings at War · Create a choreographed battle scene. · Teach moves 1, 2 and 3 from ideas movie. In pairs create a NON-CONTACT battle sequence – this could also be in slow motion.

**Practice and Performance**

**Outcomes:**

Combine skills to develop flexibility, strength, technique, control and balance.

## Lesson 3

**Key Skills:** To be able to perform basic movements to music, and to build a simple themed dance focusing on the Vikings.

**Activities:** Creative task 2: Vikings at home · Create a choreographed Viking settlement scene.

Each group will create at 4 moves which last for 8 beats per move. Each group should create a 32 count block of movement. Group 1 – Farmers Group 2 – Warriors Group 3 – Hunters Group 4 - Builders Group 5 – Family Group 6 – Blacksmiths

**Practice and Performance**

**Outcomes:** Create and express imaginative ideas in a specific style.