



PE Topic Journey Overview Y6

Y6 PE Topic: Dance

PE Topic: Y6 Dance Creative Combat (from imoves)

Lesson 1

Key Skills: Counting out phrases of 8 and 32 counts within music on the beat

Activities:

Beat and Rhythm

The Punch Circuit

Performance

Outcomes: Create and develop new movements including dance styles from different cultures

Lesson 2

Key Skills: Move in time to more complex rhythm and phrasing within the music

Activities:

Combat toolkit

Combination 1

Combination 2

Whole Group Performance

Outcomes: Combine skills to consistently demonstrate flexibility, strength, technique, control and balance

Lesson 3

Key Skills: working cooperatively as a group to achieve good synchronicity in formations and when transitioning between formations

Activities:

Recap combinations 1 and 2

Create Combination 3 and 4

Performance

Outcomes: Create and express imaginative ideas in a specific style

PE Topic: AZTECS (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 Aztecs.

Activities:

Introduction to Beat and Rhythm (5 minutes)

Creative task 1: Creating a dance sequence using the Aztec Day Calendar Symbols

Practice their performance so far 2 or 3 times

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 the Aztecs.

Activities:

Recap to Beat and Rhythm

Creative task 2: Building up the Aztec Calendar dance sequence

Practice their routine

Performance

Whole Group Performance

Outcomes: Combine skills to consistently demonstrate 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 Aztecs

Activities:

Recap their group choreography from the previous sessions

Creative task 3: Performing Aztec Calendar dance sequence

Practice performing as a whole group in formation starting and finishing with their pose

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

Lesson 4

Key Skills: To be able to perform basic movements to music, and to build a simple themed dance focusing on Aztecs Tribal Dance

Activities:

Introduction to Beat and Rhythm

Creating a combination using the Tribal Toolkit

Creating Combination 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 5

Key Skills: To be able to perform basic movements to music, and to build a simple themed dance focusing on Aztecs Tribal Dance

Activities: Recap Beat and Rhythm

Recap beat 1 in each 8 regular beats of music

Recap moves from previous session

Building Combination 2

Performance

Outcomes:

Combine skills to consistently demonstrate flexibility, strength, technique, control and balance.

Lesson 6

Key Skills: To be able to perform basic movements to music, and to build a simple themed dance focusing on Aztecs Tribal Dance

Activities:Recap Combination1 and

Combination 2 from the previous session

Combination 3

Performance

Outcomes:

Create and express imaginative ideas in a specific style.