



PE – Dance – Year 3/4

Key Learning

1. To know how to improvise to create a simple dance independently.
2. To begin to know how to create a longer dance sequence in a larger group.
3. To know how to vary dynamics, develop actions and motifs.
4. To demonstrate rhythm and spatial awareness.
5. To know how to modify parts of a sequence as a result of self-evaluation.

Vocabulary

Choreography	A planned set of dance moves. It’s like a recipe for a dance!
Routine	A full dance from beginning to end, made up of steps and moves.
Pose	A still position you strike during or at the end of a dance.
Tempo	How fast or slow the music is. You move to match the beat of the music.
Beat	The steady rhythm you hear in music. It helps you stay in time when you dance.
Plié	A ballet move where you bend your knees with your heels on the ground.
Tendu	A ballet move where you stretch one foot out and point your toes. It means “to stretch” in French.
Rehearsal	A practice time to go over your dance and improve before the big performance.
Freestyle	Making up your own dance moves as you go. It’s all about creativity!
Warm Up	Light movements and stretches you do before dancing to get your body ready.
Cool Down	Gentle movements and stretches you do after dancing to help your body relax.

Key Athletes



Ashley Banjo

British dancer,
choreographer, and TV judge,
best known for leading
Diversity and promoting racial
equality.

Darcey Bussell

British ballerina, author, and TV personality, famed for her Royal Ballet career and *Strictly Come Dancing* judging.

