EYFS - PE

Dance - Knowledge Mat

Subject Specific Vocabulary	
Beat	To move different parts of the body in time to music
Rhythm	A regular repeated pattern of movement to music
Repetitive	To do a movement(s) over and over again
Performance	To show a dance in front of other people
Movement pattern	Two or more dance moves/steps repeated in a dance

Sticky Knowledge

I can copy a movement in response to music.

I can move in response to music.

I can think of two different ways of moving to a piece of music.

I can perform a simple repetitive dance, with at least two different moves, to music.

Aspirations

Dancer

At the end of this topic I will be able to:

Perform dances using simple movement patterns.

Crucial Connections

https://www.youtube.com/watch?v=6R0v0ovq1hs

https://www.youtube.com/watch?v=B3qlJJCm7R4

Action songs to dance to:

Head, shoulders, knees and toes

Okey Cokey

Baby shark

Penguin song



Related Examples

Hip-Hop dancing



Ballet dancing





Ballroom dancing

