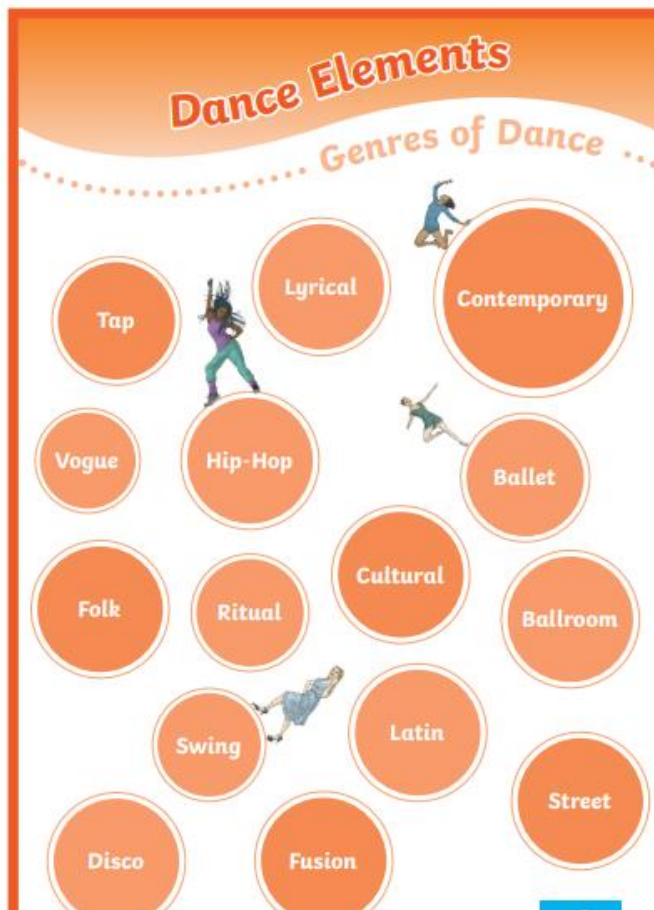


Year 3 PE Dance

Sky Objectives

- 1. Can describe the ABC's relating to sporting movement.
- 2.Can encourage other children during an activity.
- 3.Can describe what happens to our heart rate when exercising.



Routine	A sequence of movements that make up part of, or a full dance
Style	The style of a dance is shown through the key movements that are seen in the dance.
Adapt	To change a dance slightly while still keeping the main styling elements.
Unison	This is a dance technique that can be used by two or more dancers. When dancing in unison, the dancers perform exactly the same actions at exactly the same time.
Canon	This dance technique involves two or more dancers performing the same action one after another.