



Sacred Heart Catholic Primary School PE Dance Long Term Plan



Year	Units		
Year 1&2 A	Val Sabin Fog & Sunshine, Washing Day, Handa's Surprise (link to Literacy) Focus: I can copy & explore basic body patterns & movements.	Premier Sports Modern Dance Focus: I can remember simple dance steps & performs in a controlled manner.	Val Sabin The Rainbow Fish, We're Going on a Bear Hunt (link to Literacy) Focus: I can choose actions & link them with sounds & music.
Year 1&2 B	Val Sabin Friends, Bubbles & Shadows Focus: I can respond imaginatively to a variety of stimuli.	Val Sabin Fog & Sunshine, Washing Day, Handa's Surprise (link to Literacy) Focus: I can perform with control & co-ordination.	Val Sabin Words & Word Messages, The Three Little Pigs Focus: I can vary dynamics, levels, speed & direction.
Year 3&4 A	Val Sabin Explorers Focus: I can perform with control & co-ordination.		Premier Sports Modern Dance Focus: I can copy refine and repeat dance phrases and dances with a partner.
Year 3&4 B	Val Sabin Electricity (link to Science) Focus: I can translate ideas from a variety of stimuli into movement.		Premier Sports Modern Dance Focus: I can copy refine and repeat dance phrases and dances with a partner
Year 5 & 6 A	Line Dancing/ Aerobics Focus: I can compare, develop & adapt movement & motifs to create longer dances.		Premier Sports Modern Dance Seven Focus: I can vary dynamics & develop actions with a partner or as part of a group
Year 5&6 B	Val Sabin World of Sport Focus: I continually demonstrate rhythm & spatial awareness		Premier Sports Modern Dance Focus: I can suggest ways to improve quality of performance showing sound knowledge & understanding

