



Physical Education

Dance: Weather

Unit Purpose

The unit of work will challenge pupils to respond to different stimuli, being able to add drama and **emotion** to the dance.

Pupils will create a performance which will include; **stage presence, timing, rhythm** and sustaining **character**.

Inspire Me

Did you know... Death Valley (USA) holds the record for the hottest temperature ever recorded on Earth, which is 56.7 degrees. The lowest temperature ever recorded on Earth is -89.2 °C in Antarctica.



Key Success Criteria

- P** Pupils will ensure that their movements are big and clear, they will perform with expression and emotion as they tell a story.
- C** Pupils will understand what makes an 'excellent dance'. Pupils will apply creativity as they try a range of movement options.
- S** Pupils will apply life skills such as cooperation and encouragement as they work successfully with their partner to execute their sequences in unison.
- W** Pupils will strive to ensure their sequences are performed precisely and accurately showing self motivation to want to improve.



Vocabulary for Learning

Excellent Dancers: Excellent dancers interpret the music, perform with good timing and musicality, show expression and creativity and are able to choreograph.

Expression: refers to the actions a dancer uses to make their characters thoughts or feelings known.

Creativity: refers to pupils using their imagination or original ideas when performing their dance actions.

Emotion: refers to the feelings a dancer's character is feeling depending on their circumstances, mood, or relationships with others.



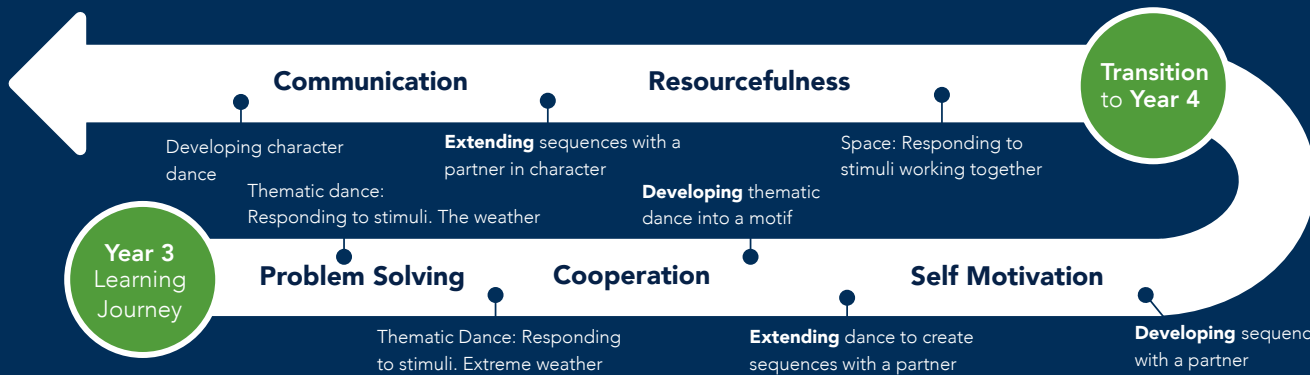
Sport Specific Vocabulary

Rhythm: is a repeated pattern of movements or sounds.

Timing: in dance, timing refers to moving to the beat of the music.

Stage presence: is the ability of a dancer to capture and command the attention of an audience's attention.

Motif: is a series of movements that are repeated.





Physical Education

Orienteering Year 3

Unit Purpose

The unit of work will **explore** how to **orientate** a map, locate points on the map, then travel to them and record what they find.

Pupils will learn how to **collaborate** with others and work as a team to complete the **challenges**.

Inspire Me

Did you know... that the first international governing body for orienteering was the International Orienteering Federation, formed by eleven nations in 1961. The first world championships were held in 1966.



Key Success Criteria

- P** Pupils will develop their ability to orientate a map and locate points, returning to base as quickly as possible.
- C** Pupils will develop their understanding of what makes an effective team and understand how important teamwork is when orienteering.
- S** Pupils will develop life skills such as respect and communication as they collaborate with their team to successfully complete the orienteering challenges.
- W** Pupils will develop their ability to remain positive and try their best in every challenge. Pupils will begin to show leadership attributes.



Vocabulary for Learning

Navigate: means to find a way through a planned course often by using a map.

Teamwork: Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

Strategy: is a planned set of actions that are used by a team or individual to achieve a long-term goal. We plan a strategy and then use specific tactics to help us achieve our goal.

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.

Communication: Is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.



Sport Specific Vocabulary

Orienteering: is a sport that requires navigational skills using a map and/or a compass to navigate from various points.

Symbol: Symbols are small images marked on a map that have been designed to look like what it represents. Map symbols are conventional signs as can be understood by everyone.

