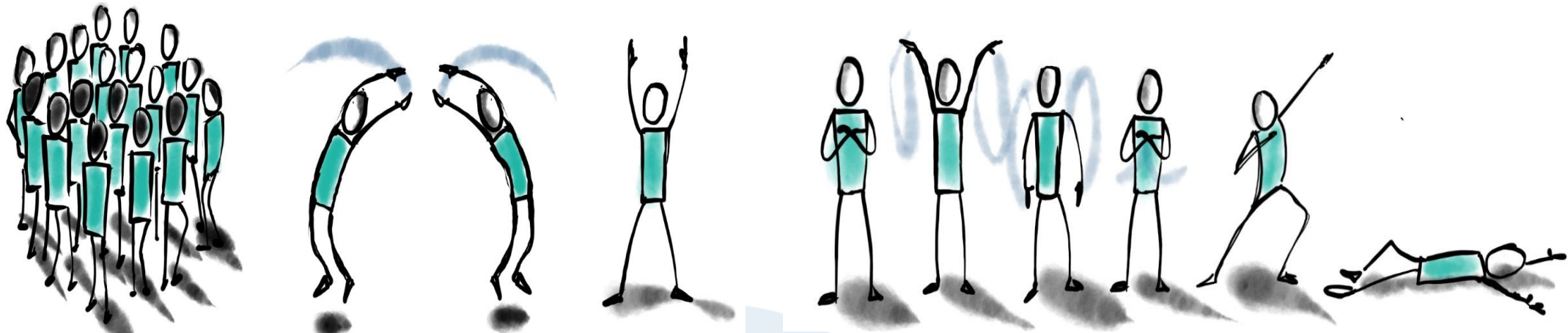


Dance involves movements of the body with rhythm, usually to music. Instead of using words, we can use dance as a way of expressing ourselves and our feelings. Dance also improves our fitness, gives us better coordination, and helps us to connect with other people.



routine      co-ordination      fluency  
 music          unison  
 performance  
 beat of 8



**STEPS TO SUCCESS**

**These are the skills I need to achieve success in LKS2 Dance:**

- Perform dances using a range of movement patterns.
- Link movement patterns together.
- Work on your own, with a partner and in a group.

- Create, practice and perform more complex dances.
- Perform as various characters when moving to music.
- Communicate feeling through Dance.