

# Newquay Primary Academy – P.E. Spring 1 Term Sequence



## Year 3

### Prior knowledge...

Pupils will have developed and secured their fundamental movement skills. They will have refined and developed their agility, balance, and coordination skills.

## YEAR 4

### Prior knowledge...

Pupils will have developed and refined their fundamental movement skills. Pupils participated in the INSPIRE – CREATE – PERFORM topic in Year 3, this will have given them an understanding of exploring movement, creating a sequence, being able to perform to their peers. They will have developed the skills to give and receive feedback.

## YEAR 5

### Prior knowledge...

Pupils will understand dance from their Year 3 unit of 'Inspire – Create – Perform'. Pupils will understand the terms choreography, sequence, rhythm, and feedback. Pupils will be able to choreograph a dance, perform to their peers, and should be able to give and receive feedback in a constructive way.

## YEAR 6

### Prior knowledge...

Pupils will understand dance from their Year 3 unit of 'Inspire – Create – Perform'. Pupils will understand the terms choreography, sequence, rhythm, and feedback. Pupils will be able to choreograph a dance, perform to their peers, and should be able to give and receive feedback in a constructive way.

## INTENT

In INSPIRE – CREATE – PERFORM, pupils will acquire and develop fundamental dance skills that will allow them to convey meanings and feelings through dance and performance.

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In HEALTH-RELATED EXERCISE, pupils will build on knowledge learnt in the classroom and during previous PE lessons. Pupils will understand how to lead a healthy and active lifestyle and understand the importance of doing so. They will learn about how their body responds to exercise.

**VOCABULARY /  
STICKY KNOWLEDGE**

Motif, Rhythm, Tempo,  
Canon, Unison, Sequence,  
Feedback, Choreograph

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Canon, Unison, Sequence,  
Feedback, Choreograph

Bollywood, Hinduism,  
Choreograph, Tempo,  
Gestures, Diwali,  
Feedback

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**SEQUENCE OF  
LESSONS**

A. To understand what 'beat' and 'rhythm' mean and be able to choreograph an 8-beat motif

B. To create a 'pathway' and link with motif to create a 'short sequence'

C. To understand the terms 'match' and 'mirror' and be able to choreograph this into their sequence.

D. To develop the skills to refine their sequence and perform their dance to their peers.

E. To choreograph a dance that reflects a given stimulus.

F. To be able to apply all skills learnt throughout the module and evaluate their learning.

A. To know and perform the three key shapes.

B. To explore balances on 1-4 points of contact.

C. To learn several types of rolls.

D. To explore apparatus and understand the safety aspects involved.

E. To create an individual sequence on apparatus.

F. To refine sequence and perform to peers.

A. To understand the concept of Indian dance and explore Indian music.

B. To learn a section of a whole class dance, choreographed by the teacher.

C. To explore gestures and choreograph a motif using these movements.

D. To link the individually choreographed sections of the dance with the whole class dance.

E. To refine and improve the class dance by utilising different types of feedback.

F. To perform to peers / an external audience.

A. To understand how the food and drink we consume affects our body.  
B. To identify different fitness components and perform some basic fitness tests.

C. To understand the concept of a 'fitness circuit' and perform the activities with the correct technique.  
D. To understand the concept of a 'skills circuit' and perform the activities with the correct technique.  
E. To explore the link between being physically active and mental health.

F. To re-do fitness tests from week two and see if any improvement has been made. Evaluate learning.

**OUTCOME /  
COMPOSITE**

Pupils will be able to create dance movements and a basic motif. Pupils will be able to choreograph a dance and perform it to their peers. Pupils will be

Pupils will be able to perform an individual sequence to their peers, they will be able to give and receive feedback in a constructive manner.

Pupils will be able to learn a whole-class Indian dance, it will also have parts that are choreographed by themselves. This dance will be performed to their

Pupils will know how the food and drink they consume affects their body. They will be able to identify healthy and unhealthy foods. Pupils will participate in fitness tests

able to use peer-evaluation  
to give feedback to others.

family members at the end  
of the unit.

and be able to evaluate  
and reflect on their fitness  
levels.