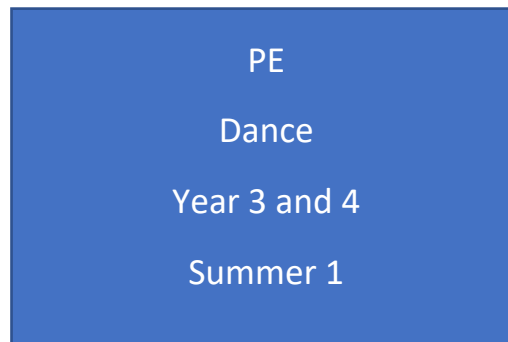


Objectives covered within this unit:

- To be able to perform movements with strong dynamics with relation to the 1960's.
To understand what canon is and be able to perform canon successfully.
To be able to perform in time with the music.
- To understand the difference between canon and unison
To know what a formation is and be able to dance in the formation given
To dance in perfect unison
- Dance in canon successfully and begin to use different performance qualities.
- Be able to create a sequence incorporating all key words and dance actions within style and also incorporate levels.
- To perform the dance start to finish with little or no help with performance qualities ensuring they use strong dynamics and begin to experiment with facial expressions.
- To be able to travel in a stylised way and show strong dynamics when dancing in unison



Health and Safety

Exercise in safe places.

Be mindful of others.

Keep your head up and look around.

Warm up and stretch properly.

Make sure liquids are kept away from the flooring.

Clear any spills up quickly and carefully.

Make sure the equipment used is set up properly.

Remove jewellery and wear suitable clothing.

Warm down properly to avoid injury.



Key Vocabulary

- **Travel** and **Stillness** (*gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue*)
- **Direction** (forwards, backwards, sideways)
- **Space** (near, far, in and out, on the spot, own)
- **Sequence** (beginning, middle, end)
- **Moods** and **feelings** (expressive qualities) (jolly, stormy)

Nature of movement (dynamic qualities) (fast, strong, gentle).



