

## Progression in PE – Maypole Dance Year 1

<b>Prior Knowledge</b>	Enjoy moving their bodies in different ways
<b>National Curriculum links</b>  <b>(Physical Education)</b>	<p><b>Pupils should be able to:</b>          Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p><b>Pupils should be taught to:</b>          perform dances using simple movement patterns.</p>
<b>Key knowledge – what they need to know</b>	<p><b>Actions/Steps</b>   <b>Working in groups</b>   <b>Direction</b>   <b>Choreography</b>   <b>Performance/expression</b>   <b>Rhythm</b></p> <p><b>Warm up: Pages 18-19 of the Maypole Manual</b> (see the resource <a href="#">An Introduction to Maypole Dances</a>)</p> <p><b><u>Lesson 1: Circling</u> I can hold a ribbon and walk in circles and in different directions.</b></p> <p><b><u>Lesson 2: Barber’s pole</u> I can move in different directions whilst raising and lowering a ribbon and thinking about how to come together again as a group.</b></p> <p><b><u>Lesson 3: Chrysanthemum</u> To work in a small group as part of a larger group. Stepping and skipping in time to music</b></p> <p><b><u>Lesson 4: Dance development – build on what you already have</u> I can make different shapes with my body and then with a partner/group e.g. Mexican wave</b></p> <p><b><u>Lesson 5: Perform maypole dance to an audience</u> I can dance in different formations and perform to an audience</b></p> <p><b><u>Key vocabulary:</u></b> Perform, movements, patterns, rhythm, express, expression, group, formations, maypole, ribbons, chrysanthemum, direction, barber’s pole, circling</p>