



Year 4 PE: Dance (Romans)

Prior Learning

Children have...

- Developed the coordination, agility and balance through a range of activities with themselves and others.
- Performed dances using simple movement patterns.
- Composed and performed a bhangra dance as a class and independently.



Vocabulary

Balance, Beats, Canon, Character, Communication, Choreograph, Energy, Formation, Jumping, Mirroring, Music, Performance, Pattern, Repeat, Rhythm, Sequence, Teamwork, Twisting, Turning, Unison.

The 'Bellicrepa' is a native Roman dance, created by Romulus, the founder of Rome.



Roman dances are based on Greek dances, focusing on comedy, love and fear.

Sticky Knowledge



The **Bellicrepa** was a dance in armour, performed by warriors drawn up in battle ranks. It involved marching in formation up and down the streets of Rome before battle.



Unison is when two or more dancers perform the same dance movement at the same time.



Canon is a technique used when two or more dancers perform the same dance movement at different times.