

Year 6 PE – WW2 Swing Dance

Lesson 2 - Video: <https://www.loom.com/share/3062d3b8a8c94a15a789cfaa09d4345f>

Starter: Dance the Macarena by following the video:

<https://www.youtube.com/watch?v=6LlkX0U6f5k> This will engage your body, brain and rhythm for today's PE lesson. It is also fun 😊

Skills: Watch the video of your routine from the last lesson and recap all the moves.

Today you are going to think about what it would be like to dance with a partner, so if you have a partner at home then great, if not then we need to use a mirror.

Task 1: Face a mirror or your partner so that you are opposite each other. The leader performs a movement and the mirror or partners copies them.

Now follow these instructions:

- Let your fingertips connect
- Forearms move or connect
- Shoulders move or connect
- A back movement or connection
- A leg movement or connection
- A leg & arm movement or connections
- Forearms & back movement or connections
- Shoulders & feet movement or connections
- A creative movement of your choice

Reflection Question: Answer this question in your home learning book: ***What do you notice about your mirror image/partner's movement compared to yours?***

Skills: Continue Mrs. Pears' video and learn the move 'The Jockey' (from some experts) and how it's performed with a partner. Now try to use the 'The Jockey' and perform it with the rock step, triple step and try other moves, such as the grapevine and the frog jump with your partner at home.

Task 2: Option 1 - Perform your original routine and then join your partner and have a go at putting the different movements together. Have fun and if you're happy with it, please feel free to send it to your class teacher and you can also send to JPears@ashfield-jun.cumbria.sch.uk.

Option 2 - If you do not have a partner to perform in hold then recap your routine but this time perform the movements in a different way so that you are being creative. This might include different directions, adding in some movements, using different body parts, etc. Have fun and if you're happy with it, please feel free to send it to your class teacher and you can also send to JPears@ashfield-jun.cumbria.sch.uk.