

Class 4 Physical Education: Understanding Dance

Learning objective: To demonstrate knowledge of dance terminology, movement control, and the ability to evaluate performance and choreography.

Read each question carefully. Answer in full sentences where required. Ensure your handwriting is clear. You have 30 minutes to complete this assessment.

Zara the zebra is creating a dance routine about the changing seasons. She uses 'fluid' movements to show the autumn leaves falling and 'staccato' movements to represent the sharp, biting frost of winter. She makes sure her movements change between high and low levels. Max the monkey joins her, and they perform a sequence where they move at the same time, followed by a sequence where Max copies Zara a few seconds later.

Word bank: Unison · Canon · Tempo · Staccato · Fluid · Choreography · Dynamics · Levels · Spatial Awareness

1. When Zara and Max move at the exact same time, what is this dance term called? (1 mark)

2. Explain the difference between 'fluid' and 'staccato' movements. Give one example of how a dancer might move for each. (2 marks)

3. Why is 'spatial awareness' important when performing a dance with a partner? (2 marks)

4. If Zara wants to show a 'low level' movement, describe one action she could perform. (2 marks)

5. Describe the effect that changing the 'tempo' (speed) of a dance can have on the audience's mood. (3 marks)

6. You are choreographing a dance routine to represent the growth of a sunflower. Create a 4-step sequence. For each step, identify a movement and the level (high, medium, or low) you would use. (5 marks)

7. Imagine you have just finished performing your routine. Write a short paragraph evaluating your performance. Mention one thing you did well and one area where you could improve your control or expression. (5 marks)

Draw: Draw a stick figure performing a 'high level' movement and a 'low level' movement. Label your drawing with the correct dance terminology.



Extension challenge: Total: /25. Imagine you are a dance critic. Write 3 sentences describing a dance performance you have seen, using at least two words from the word bank to explain why it was successful.