

Dance Discovery with Zara the Zebra

Learning objective: To identify key components of dance, including rhythm, choreography, and physical control, in line with Year 4 PE requirements.

Read the questions carefully and answer them based on your knowledge of movement, rhythm, and performance. Zara the Zebra is looking for a dance partner who understands how to tell a story through movement!

Answer Key: 1.C, 2.True, 3.False, 4.Dynamics, 5.True, 6.Sequence, 7.B, 8.False, 9.Unison, 10.A. Note: For Q7, 'staccato' is sharp/detached, while 'legato' is smooth.

Word bank: Choreography · Rhythm · Unison · Staccato · Dynamics · Sequence

1. 1. What do we call the patterns of steps and movements created for a dance? A) The Script B) The Rhythm C) Choreography* D) The Sketch (1 mark)

2. 2. True or False: Keeping in time with the music is essential for a good performance. (1 mark)

3. 3. True or False: You should always use your maximum speed in every movement during a dance. (1 mark)

4. 4. Which term describes the variation in how loudly, softly, quickly, or slowly a dancer moves? (Fill in the blank) (1 mark)

5. 5. True or False: Dance can be used to tell a story without using any spoken words. (1 mark)

6. 6. What is the word for a set of movements performed one after another? (Fill in the blank) (1 mark)

7. 7. If a movement is sharp, short, and punchy, which word best describes it? A) Legato B) Staccato* C) Flowing D) Sluggish (1 mark)

8. 8. True or False: Dance only involves moving your legs. (1 mark)

9. 9. When all dancers perform the same move at the exact same time, what is this called? (1 mark)

10. 10. Which of these is a great way to warm up your muscles before dancing? A) Light jogging and stretches* B) Sitting very still C) Eating a large snack D) Sleeping (1 mark)

Draw: Draw a picture of Zara the Zebra performing a dance movement that shows 'dynamics'. Show her using her whole body to express a specific emotion, like joy or bravery.



Extension challenge: 1. Explain why warming up your muscles is vital before starting a high-energy dance routine. 2. Compare and contrast moving in 'unison' with moving in 'canon' (where dancers perform the same move one after the other). 3. Justify your answer: Does a dance need music to be considered a dance? 4. What might happen if a dancer does not pay attention to their 'rhythm'? 5. If you were choreographing a dance about a storm, how would you use 'dynamics' to show the difference between a light breeze and thunder? 6. Design a four-step dance sequence and write down the instructions for a friend to follow.