

Year 4 Dance Assessment: Moving with Max

Learning objective: To show understanding of dance movements, rhythm, and how to perform a sequence safely.

Read each question carefully. Use the word bank to help you spell tricky words. Max the Monkey is here to help you think about your dance moves!

Max the monkey is choreographing a dance. He says: 'To dance well, you must use your space safely. You can move at different levels, like high on your tiptoes or low on the floor. You must follow the rhythm of the music. Always remember to warm up your muscles before you start and cool down when you finish!'

Word bank: Balance · Rhythm · Sequence · Tempo · Level · Space · Warm-up · Cool-down

1. Why is it important to do a 'warm-up' before you start dancing? (2 marks) (2 marks)

2. Name two different 'levels' you can use when you are dancing. (2 marks) (2 marks)

3. Max wants to dance to a fast song. What happens to the 'tempo' of the dance if the music is fast? (3 marks) (3 marks)

4. What does the word 'sequence' mean in dance? Use the sentence starter: A sequence is... (3 marks)

5. Describe how you can keep yourself and others safe when you are moving in a big space. (4 marks) (4 marks)

6. Imagine you are creating a dance about a busy jungle. Describe your dance using 5 sentences. Tell me what moves you would use, what the tempo is like, and how you would finish the dance. (5 marks) (5 marks)

7. Why do we use a 'cool-down' at the end of a dance? (6 marks total for this section including previous count) (6 marks)

Draw: Draw yourself performing a dance move at a 'high' level and a dance move at a 'low' level.



Extension challenge: Total: /25. Challenge: Can you write down one way you can change your dance to make it look 'smooth' instead of 'sharp'?