

# What is your child learning in Physical Education?

## Topic of Study

Dance - Key skills

Routines, sequences, motif,  
cheer leading.

## Key Dates & Deadlines

Assessment week  
beginning 5<sup>th</sup> February  
2018

## Family Friendly Homework

Plan a cheer leading routine that includes a motif and smooth transitions between. Choose an up-tempo song and try to link moves to every 8 beats of the song.

## Resources to Support

BBC & YouTube

Youtube videos



## Resources to Challenge

Research the difference  
between a good balance  
and a not so good balance.

## Outside of the classroom

Perform body weight exercises such as press ups, sit ups and squats to develop your core strength. Remember to stretch regularly. This is important for dance.

## Discussion starters

Can you name 3 different styles of dance?

Can you remember design a basic cheer routine?



St. Antony's Catholic College

*in partnership with Loreto Grammar School*