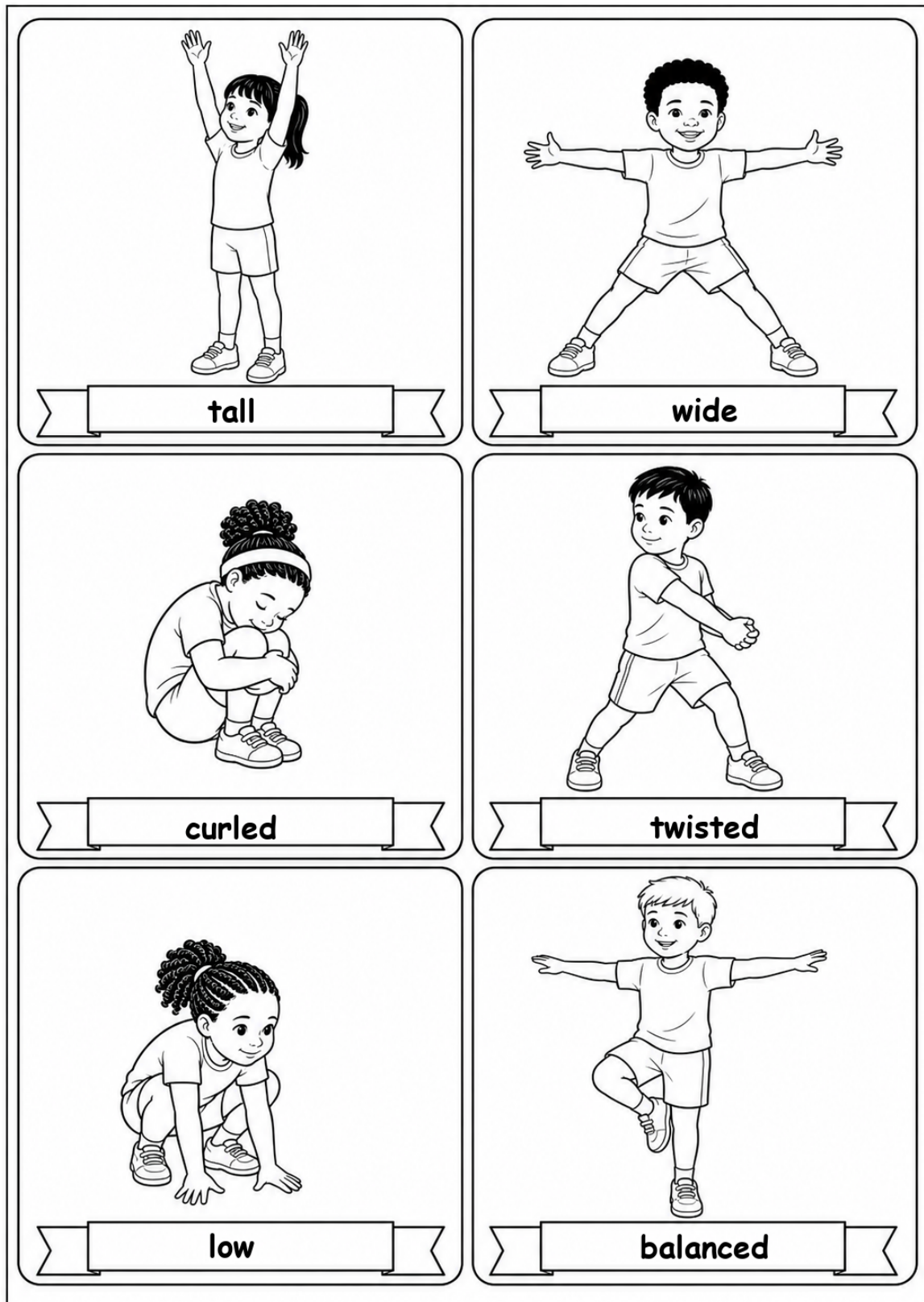


# Dance Body Shapes Colouring and Copy Cards

KS1 / Year 1 - Physical Education

Colour and safely copy six dance shapes: tall, wide, curled, twisted, low and balanced. Link two shapes into a short movement phrase.



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Colour and safely copy six dance shapes: tall, wide, curled, twisted, low and balanced. Link two shapes into a short movement phrase.

## Parent & Teacher Guidance

### Curriculum focus

Topic: Dance shapes. Develop accurate observation, subject vocabulary and evidence-based explanation. Mapped scope: KS1 Physical Education: developing balance, agility and coordination and performing dances using simple movement patterns..

### Before you begin

Review the picture together and ask the learner what they already notice about Dance shapes. Read the activity aloud, explain unfamiliar vocabulary, and agree which details need special attention.

### Solo activity

The learner can complete the colouring independently, then use the finished page to explain three details linked to Dance shapes. Encourage accurate colour choices where they carry meaning, but allow creative choices elsewhere.

### Group activity

Give pairs or small groups different areas to inspect. Ask them to agree on evidence before colouring, compare their findings, and present one curriculum fact to the class. Finish with a whole-group check against the guidance below.

### Questions to guide discussion

What evidence can you see? Which feature is most important and why? How does one part connect to another? What new fact about Dance shapes can you explain using the picture?

### Answers and checking

Tall: body lengthened upward. Wide: arms or legs spread with control. Curled: body rounded into a compact safe shape. Twisted: torso and limbs turn in different directions without forcing joints. Low: body close to the floor with balance. Balanced: still shape supported safely on one or more body parts. Accept individual interpretations that are controlled and safe.

### Learning record and next steps

☐ Completed the colouring

☐ Explained key vocabulary

☐ Completed the activity

☐ Used visible evidence

### Evidence noticed / vocabulary used

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Next step:

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