

PESS approach to Teaching Dance - Key Stage 2

Travelling

What is travelling?

Travelling is usually the transference of body weight from one space to another; however, it may also be the transference of weight from one body part to another performed on the spot

Teaching points

- Travelling involves the whole body in the action
- Travelling can involve different body parts in contact with the floor, for example, feet only, hands and feet, stomachs and feet, backs and feet, backs, bottoms, etc
- Travelling can combine with other basic actions, e.g. travelling by turning, travelling by jumping, gesture whilst travelling
- Develop variety in your travelling actions by either using different body parts or changing the direction, or the level, or the speed, or the shape or the size of your movements or your pathway or any combination of the above
- Select a travelling action that helps you to communicate your dance ideas clearly or convey meaning to your audience. For example in a 'Balloon' phrase you may choose to use floating and gliding actions and in a 'Warrior' phrase you may choose to use striding, marching and stamping actions. Use the Making Dances Planning Tool to help you find and select appropriate words associated with your dance idea

