

PESS approach to Teaching Dance - Key Stage 2

Turning

What is turning?

Turning movements are those that involve rotation about an axis. Turning can be performed through three axes of rotation or a combination of each:

head to toe - for example, half turn jump

side to side - for example, forward roll

tummy to back - for example, cartwheel action

Teaching points

- Always perform any turning action slowly to start with and then gradually build up speed once you are familiar with the orientation
- In fast turning actions about the head to toe axis use your head to focus on a point ahead of you and keep your head there for as long as possible and then turn it quickly to focus on that point again in the same way as ballet dancers do
- Develop variety in turning actions by either changing the direction in which you turn, the level on which you turn, the shape in which you turn or the size of the turn, i.e. quarter turn, half turn, a full turn, etc
- Select a turning action that helps you to communicate your ideas clearly or convey meaning to your audience. For example in a 'Water' phrase you may choose swirling and circling actions and in a 'Secret Agents' phrase you may choose twisting, pivoting and rolling actions. Use the Making Dances Planning Tool to help you find and select appropriate words associated with your dance idea

