

# Developing PHYSICAL LITERACY through DANCE

## Fundamental Movement Skills

walk, run, jump, hop,  
shuffle, skip, balance,  
crawl, roll, dodge, twist,  
spin, gallop, leap, bend,  
stretch, stop.

## Elements of Dance

above my head, under my  
knee, body isolation, flick,  
erratic, smooth, melt, burst,  
half-time, tempo,  
accelerating, decelerating,  
sharp, glide, wave, bounce,  
freeze, spiral, diagonal,  
straight, backwards,  
sideways, high, middle, low,  
meet, part, with a partner.



## Personal Skills

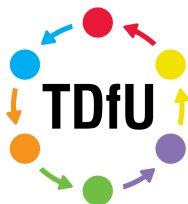
- Exploring one's cultural background
- Dancing to express one's feelings, thoughts or stories
- Demonstrating self-awareness
- Self-monitoring
- Adapting

## Critical and Creative Thinking

- Applying the Creative Process
- Critical analysis
- Drawing conclusions
- Presenting ideas
- Reflecting on one's experience
- Evaluating self and others

## Interpersonal Skills

- Collaborating
- Contributing
- Communicating



**DANCE PL3Y**

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