

Name:

Date:

KS1 Quiz

Unit title: Dance - Step to the beat

1 Listen to your teacher clap a rhythm. Which of these phrases match the rhythm?

A Stomp stomp stomp, trumpet.

B High up tall, in the trees.

C Bubbling, bubbling, in the water.

2 What is the pulse in a piece of music?

A A steady beat.

B A mix of loud and quiet sounds.

C A pattern of long and short sounds.

3 In which direction would you move if you stepped towards 12 o'clock on an imaginary clock face on the floor?

A Left.

B Backwards.

C Forward.

4 Which of these help you to keep time when performing movement phrases?

A Counting to ten out loud.

B Looking at the floor.

C Counting in sets of eight in your head.

5 Why do we cool down at the end of a lesson?

A To prepare our muscles.

B To help slow down our breathing.

C To warm up our bodies.