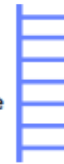


Knowledge Organiser - Dance Year 1

Ladder Knowledge



Actions:

Actions can be linked to create a dance.

Dynamics:

You can create fast and slow actions to show an idea.

Space:

There are different directions and pathways within space.

Relationships:

When dancing with a partner it is important to be aware of each other and keep in time.

Performance:

Stand still at the start and at the end of the dance. It will let the audience know when you have started and when you have finished.

About this Unit

Here are some themes that you may explore in this dance unit...



Key Knowledge

Competent learner - Beginning to respond to simple stimuli. Can move confidently and creatively with control, balance and coordination. Can use a range of movements. Safely negotiating space.

Active & healthy learner - Recognise and describe how their body feels during and after activities. Understand and explain the importance of good health, physical exercise and healthy food. Understand and explain which activities are good for our health.

Key Vocabulary

action	direction	
balance	fast	quickly
beat	level	slow
copy	pathway	slowly
counts	pose	timing

Reflective learner - Describe, explain and comment on their own and others' actions and feelings. Listen, respond to set tasks and sounds following expectations and rules. Make judgements to improve their work.

Engaged learner - Communicate, select, prepare and handle appropriate resources effectively. Cooperate and work in small teams. Dress and undress for PE promptly. Listen to others and follow instructions.

Disciplined learner - Show a positive attitude towards activities and other pupils. Work well with others by showing respect. Stay on task throughout the lesson.

Key Skills

Agility – Moving the body from one position to another (changing direction). Start/stop on command, maintaining balance.

Balance – Centre of gravity over the base of support. Counterbalancing when centre of gravity is out of position.

Co-ordination – Synchronising limbs when performing an action.

Travel –

Pathways – forwards, backwards, sideways and diagonally.

Stabilisation skills (maintaining physical stability):

Turn – change direction in the dance.

Twist – movement of the body to create a shape.

Choreography –

Count – Counting to 4, 8, 12, or 16 for a section of movement.

Dynamic – Moving in such a way as to represent something or someone.

Isolations – Moving only one part of the body at a time.

Working together –

Unison – Everyone in the group moving in the same way at the same time.

Mirroring & Contrasting – Showing movements as if in a mirror and using opposite dynamics (jagged and smooth).

Call & Response – Movements as a direct consequence of the previous movement.

Canon – One child moving followed by another and another like a Mexican wave.