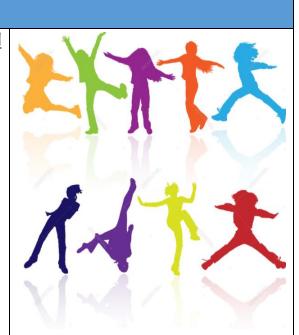
## DANCE

## KNOWLEDGE ORGANISER



## **Overview**

- -<u>Dance</u> is all about <u>moving our bodies to a musical</u> <u>rhythm</u>. There are many different types of dance.
- -In dance, we <u>explore space</u>, and consider how we can use our bodies to show <u>ideas</u>, <u>moods</u>, characters and feelings.
- -In KS1 dance, we learn the basic skills of <u>travelling</u> in different ways. We also consider how to <u>dance</u> can be used to show different things. We use <u>counts of 8</u> to keep ourselves in time.
- -We should learn how to perform movements safely, and begin giving and receiving feedback using the correct key words.



Physical			
Skill	Definition	How do I do this?	
Travelling	To move from one place to another place.	<ul> <li>Think of the different ways that you can travel and change direction, e.g. skipping, crawling, hopping and sliding. Repeat and link actions.</li> <li>Use counts of 8 to stay in time with the music.</li> </ul>	
Actions	Body movements in time to the music.	-Examples of actions include clapping, clicking, leaping, crouching, shaking, twisting and spinningUse clear and confident actions — don't hold back! -Use counts to help you and others stay in time.	
Facial Expression	To use your face to show ideas and emotions.	-Use facial expressions to show different ideas, e.g. animals, people, etc. and to show emotions, e.g. happy, sad, angry, disappointed, etc.	
Balancing	To hold a body position with control.	<ul> <li>-Consider each part of your body and the shapes that you create. Hold moves for at least 5 seconds.</li> <li>Keeping arms and legs further apart helps.</li> <li>-Add quality by being still, pointing fingers &amp; toes.</li> <li>-When taking weight on hands, tense stomach.</li> </ul>	
Making Sequences	To put actions together.	-Consider how actions look together. Marks for quality, control, and how in time (coordinated) you are with music/ your partner/s.	

Jocial alla		
Communication/ Decision-Making	Selecting and Applying	
Often, dances require more than	There are a huge range of	
one person to work together	different actions and moves that	<b>Key Vocabulary</b>
well as a team. It is important	we can perform. We should	Dance
that everyone gets a say, and	select and apply those that are	Dance
that we communicate clearly!	most effective at different times.	Movement
Keeping Safe	Building Confidence	Body
Follow the rules and listen to the	Some dance actions can be	Balance
coach's instructions. Store and	difficult. It is important that we	
handle apparatus properly.	believe in ourselves and build	Control
	confidence before attempting to	Travelling
<b>——</b>	put tricky sequences together.	
		Facial Expression
Perseverance	Challenging Myself	Sequence
Perseverance is about keeping	Whenever we learn anything,	
going even when something is	we have to start somewhere!	Silk
difficult or tiring.	Improving ourselves is all about	Mirroring
	putting in hard work and	
	practice, challenging ourselves to	

Social and Emotional

## Thinking/ Strategic

be better than we were before!

<u>Feedback</u> – Finding out from someone else what they think about your dance/ actions

Repeating – Doing the same movements over again. It helps to make your dance memorable.

<u>Unison</u> – To dance together, creating a joint effect on those watching.

<u>Mirroring</u> – To copy the movements of your partner/ someone else, matching what they do.

-Success in dance is all about quality and control. Quality is about making sure that your actions and movements look clear and confident. Good posture helps this.

-Control is when you hold positions carefully. Tense your muscles to help control your movements and balances.