DANCE

E KNOWLEDGE ORGANISER

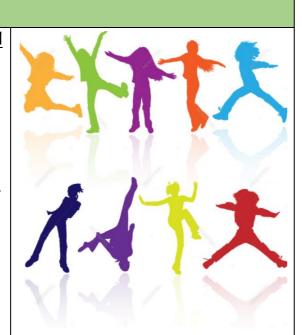
going even when something is

difficult or tiring.



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.	 Think of the different ways that you can travel and change direction, e.g. skipping, crawling, hopping and sliding. Repeat and link actions. Use counts of 8 to stay in time with the music. 	
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.	 -Consider each part of your body and the shapes that you create. Hold moves for at least 5 seconds. Keeping arms and legs further apart helps. -Add quality by being still, pointing fingers & toes. -When taking weight on hands, tense stomach. 	
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.	

Social and Emotional			
Selecting and Applying	Key Vocabulary		
There are a huge range of	Dance		
different actions and moves that we can perform. We should	Movement		
select and apply those that are	Body		
most effective at different times.	Balance		
Building Confidence Some dance actions can be	Control		
difficult. It is important that we	Travelling		
believe in ourselves and build confidence before attempting to	Facial Expression		
put tricky sequences together.	Sequence		
Challenging Myself	Confidence		
Whenever we learn anything,	Coordination		
	Selecting and Applying There are a huge range of different actions and moves that we can perform. We should select and apply those that are most effective at different times. Building Confidence Some dance actions can be difficult. It is important that we believe in ourselves and build confidence before attempting to put tricky sequences together. Challenging Myself		

Thinking/Strategic

we have to start somewhere!

Improving ourselves is all about

putting in hard work and

practice, challenging ourselves to

be better than we were before!

Feedback – 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.

Mirroring – 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.

Health and Safety

Exercise in safe spaces. Be mindful of others. Keep your head up and know what is around you. Warm up properly including stretching your muscles.

Bend your knees when you land from jumps. Make sure that liquids are kept well away from the dance surface.

Make sure that mats/surfaces are set up properly.

Make sure that any equipment is put away properly.

Warm down after exercising.

Remove jewellery and wear suitable clothing/ equipment.

Counting

Feedback

Mirroring