DANCE KNOWLEDGE ORGANISER

Overview

-Dance is all about moving our bodies to a musical rhythm. There are many different types of dance.

-In dance, we explore space, and consider how we can use our bodies to show ideas, moods, characters and feelings.

-In KS1 dance, we learn the basic skills of travelling in different ways. We also consider how to dance can be used to show different things. We use counts of 8 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 spinning. -Use 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

Communication/ Decision-Making
Often, dances require more than one person to work together well as a team. It is important that everyone gets a say, and that we communicate clearly!

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.

Keeping Safe
Follow the rules and listen to the coach's instructions. Store and handle apparatus properly.

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.

Perseverance
Perseverance is about keeping going even when something is difficult or tiring.

Challenging Myself
Whenever we learn anything, 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!

Key Vocabulary

Dance

Movement

Body

Balance

Control

Travelling

Facial Expression

Sequence

Confidence

Coordination

Counting

Feedback

Mirroring

Thinking/ Strategic

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.

Unison – 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.