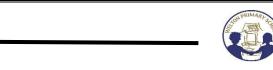




Welton Primary School—PE Knowledge Organiser

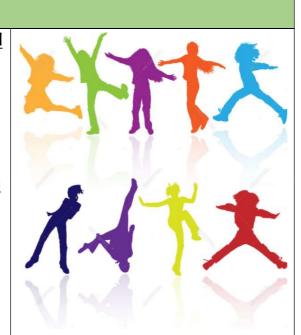
KS₁





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 actionsUse 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.	

Dance

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

Thinking/ Strategic

be better than we were before!

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

<u>Repeating</u> – 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.

Mirroring

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

Health and Safety

Warm down Make sure that liquids are Make sure that Remove jewellery Keep your head up Warm up properly Make sure that any Exercise in safe spaces. Bend your knees after and wear suitable and know what is kept well away from the mats/surfaces are equipment is put Be mindful of others. including stretching when you land exercising. around you. your muscles. dance surface. set up properly. away properly. clothing/ equipment. from jumps.