



Welton Primary School—PE Knowledge Organiser








LKS2

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.
- Throughout KS2 dance, we learn how to copy and create actions in response to different ideas and themes. We should also consider how our use of space and timing can create different effects. We can use choreographing to change and adapt ideas.
- Our dances may be with partners or teams. We should work together to perform movements safely, and be able to give and receive feedback using the correct key words.





Physical


Skill	Definition	How do I do this?
 Travelling	To move from one place to another place.	<ul style="list-style-type: none"> -Think of the different ways that you can travel and change direction, e.g. skipping, crawling, creeping, hopping and sliding. Repeating and linking actions can help them to contribute to the wider ideas/ themes. -Use counts of 8 to stay in time with the music.
 Actions	Body movements in time to the music.	<ul style="list-style-type: none"> -Examples of actions include clapping, clicking, leaping, crouching, shaking, twisting and spinning. -Use clear and confident actions – they may be exaggerated to make ideas more obvious. -Use counts to help you and others stay in time.
 Reaction	To respond to the movements and actions of others.	<ul style="list-style-type: none"> -Using opposites with partners can help us to create a symmetrical 'mirror' effect that is pleasing on the eye. - Consider how movements/actions complement your partners movements/ actions.
 Balancing	To hold a body position with control.	<ul style="list-style-type: none"> -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.	<ul style="list-style-type: none"> -Consider how actions look together. Marks for quality, control, and how in time (coordinated) you are with music/ your partner/s and/or teams.

Dance

Social and Emotional

Communication/ Decision-Making	Selecting and Applying	Key Vocabulary	
Often, dances require more than one person to work together well as a team. Communicate to ensure that you stay in time and perform actions in agreed ways. Everyone should get a say in choreographing routines.	There are a huge range of different actions and moves that we can perform. We should select those that are most effective at different times, to demonstrate the themes/ideas that we are trying to show.		Dance
 Keeping Safe Follow the rules and listen to the coach's instructions. Store and handle any apparatus that you are using properly. Make sure that higher risk dance moves are performed safely.	Building Confidence Some dance actions can be difficult. It is important that we believe in ourselves and understand that with practice and understanding we can achieve great things. Praise one another to help build confidence.		Movement
Responding to Feedback We need to ensure that we welcome praise and constructive criticism as tools to improve. We may need to persevere. 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! Be ambitious in your choreography, knowing that practice can help you to succeed.		Theme

Thinking/ Strategic

Feedback – Finding out from someone else what they think about your dance/ actions is vital in improving your dance actions, moves and routines. Remember to be constructive when feeding back to others!	<ul style="list-style-type: none"> -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 muscles to help control movements and balances. Consider space (e.g. how the space is used, how far apart dancers are) and timing (when/where actions happen, tempo, and how fast or slow movements are performed).
Repeating the same movements over again can help make your dance memorable. Unison means to dance together in time. 	
Choreography is designing sequences of actions and movements in order to create routines. Choreography may be revisited when something isn't working.	

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.
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