



Welton Primary School—PE Knowledge Organiser

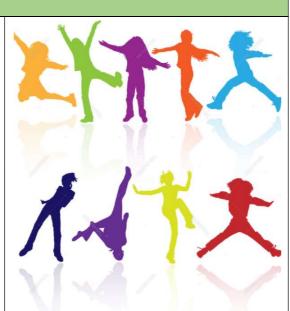
LKS₂





Overview

- -<u>Dance</u> is all about <u>moving our bodies to a musical 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>, <u>characters</u> and <u>feelings</u>.
- -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 <u>safely</u>, 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.	-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.	-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.	-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.	-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 and/or teams.		

Dance

	Social and	Von Usenhulam	
	Communication/ Decision-Making	Selecting and Applying	Key Vocabulary
	Often, dances require more than one	There are a huge range of different	Dance
	person to work together well as a	actions and moves that we can	
team. Communicate to ensure that you stay in time and perform actions in agreed ways. Everyone should get a say in choreographing routines.		perform. We should select those that	Movement
		are most effective at different times,	
		to demonstrate the themes/ideas that	Theme
		we are trying to show.	Balance
Keeping Safe Follow the rules and listen to the		Building Confidence Some dance actions can be difficult. It	Control
coach's instructions. Store and handle any apparatus that you are using		is important that we believe in ourselves and understand that with	Travelling
	properly. Make sure that higher risk dance moves	practice and understanding we can achieve great things. Praise one	Choreograph
	are performed safely.	another to help build confidence.	Routine
	Responding to Feedback We need to ensure that we welcome	Challenging Myself Whenever we learn anything, we	Confidence
praise and constructive criticism as		have to start somewhere! Improving	Coordination
	tools to improve. We may need to persevere.	ourselves is all about putting in hard work and practice, challenging	Timing
Perseverance is about keeping		ourselves to be better than we were before! Be ambitious in your	Feedback
	going even when	choreography, knowing that practice	Mirroring

Thinking/ Strategic

can help you to succeed.

<u>Feedback</u> – 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!

Repeating the same movements over again can help make your dance memorable. <u>Unison</u> means to dance together in time.

something is difficult or tiring.

<u>Choreography</u> is designing sequences of actions and movements in order to create routines. Choreography may be revisited when something isn't working.

-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).

Health and Safety

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