

	PE Knowledge Organiser (dance)		
	Spring Term	Year 1	Strands covered:

What prior knowledge should students have?

- Pupils have learnt to explore and copy basic body actions and rhythms.
- Pupils have started to respond with their bodies to different types of music.

What skills will students learn? (Disciplinary Knowledge)

- Pupils will move imaginatively, responding to music and performing basic skills.
- Pupils will begin to apply actions in sequence and in combinations.
- Pupils will be able to repeat simple skills and actions with increasing control and coordination.

What key knowledge will be taught? (Substantive Knowledge)

- Children will understand and apply concepts of beat, rhythm and tempo
- Children will know that movement patterns can vary with different cultures.
- Children will understand that dance routines will have beginnings, middles and ends.

Key Vocabulary

Definition

Sequence	A series of movements that are performed one after the other. In dance, sequences can be simple or complex, and they can be repeated or varied.
Coordination	The ability to move different parts of the body together smoothly and efficiently. Coordination is also essential for all types of dance, and it is especially important for dancers who perform partner dances.
Creativity	The ability to come up with new and original ideas. Creativity is an important part of dance, and it allows dancers to express themselves in unique and personal ways.
Rhythm	The pattern of long and short sounds in music. Rhythm can be created by the beat, but it can also be created by the melody or harmony.

Dance teaching points

- Always encourage careful listening.
- Reinforce the importance of safety - eg awareness of others to avoid collisions, spacing, sensible landings (with the whole foot, flexing as it comes down and knees bending).
- Help the children to observe each other's movement in a positive light and to learn from their observations.
- Give the children a sense of your own enthusiasm.