



# Reception - Knowledge Organiser - PE

## Unit - Dance (Circus)

### Inspirational Dancers

Jules Leotard (1838 – 1870). French acrobat performer who developed the art of trapeze. Immortalised by the song "The Daring Young Man on the Flying Trapeze".

Lillian Leitzel (1892 – 1931). Acrobat/arielist who performed on the Roman Rings.

### Equipment

Beanbags, material, mats, music



### Prior Learning

Recognise that actions can be reproduced in time to music; learn beat patterns and different speeds.

Perform a wide variety of dance actions both similar and contrasting

Copy, repeat and perform simple movement patterns

### Subject Specific Vocabulary

Narrative	A dance which tells a story through movement
Performance	Presentation of dance to an audience
Posture	The way the body is held
Projection	The energy the dancer uses to connect with and draw in the audience
Repetition	Performing the same action of phrase again
Safe execution	Carrying out actions safely
Sensitivity	Awareness and connection to others
Spatial Awareness	Consciousness of the surrounding space



### Diagram



Juggler



Trapeze



Tightrope



Unicycle

### Sticky Knowledge

When performing, ensure you look where you are going so you don't bump into any one.

Repeating activities will help you practise and develop new skills.

You need to have a good posture whilst performing to lessen the chances of injury.



# KS1 - Knowledge Organiser - PE

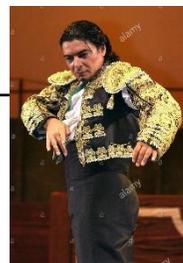


## Unit - Dance (Flamenco)

### Inspirational Dancers

Antonio Canales (1961 – present).  
Flamenco dancer/choreographer in Seville, Spain.

Cecilia Gomez (1974 – present).  
Flamenco dancer in Spain.



### Equipment

Music

### Prior Learning

Describe and explain how performers can transition shapes and balances.

Challenge themselves to move imaginatively responding to music.

Work as part of a group to create and perform.

### Subject Specific Vocabulary

Flamenco	A style of Spanish dancing
Gesture	An action such as a wave/nod/bow
Combinations	The joining/merging of different parts of movements
Transitions	Link between dance phrases/sections
Orientation	The direction the dancers are facing
Phrase	A short section of movement
Sequence	The order of movements in a dance phrase
Tempo	The speed of a piece of movement or music



### Diagram



Picking apples

Matador



Stamp and Clap



Flamenco Walks

### Sticky Knowledge

Your heart will beat faster and faster during exercise because your body needs more oxygen.

A dance performance is developed with different phrases.

Dance movements can express mood and feelings.



# LKS2 - Knowledge Organiser - PE

## Unit - Dance (Irish Dancing)

### Inspirational Dancers

Michael Flatley (1958 – Present).  
American Irish Dancer. Famous for producing Riverdance

Molly McGrory: She is in Year 8.  
Current Irish World Dancing  
Champion (15/05/2021)



### Equipment

Music

### Prior Learning

Practise and put together a performance.

Building stylistic qualities through repetition and applying movement to their own bodies.

Building basic choreographic skills in travelling, dynamics and partner work.

### Subject Specific Vocabulary

Irish Dancing	Traditional dance from Ireland which is performed solo/as a group
Weight	An effort action – firm, light, soft, strong, weak, heavy
Unison	All dancers perform the same movement at the same time
Symmetry	A shape which has a line of reflection
Pathway	Direction taken across the floor (zig-zag/curved/straight/diagonal)
Acceleration	Speeding up the movement
Elevation	The action of "going up" without support such as in a jump
Timing	The use of time/counts when matching movements to sounds/or other dancers



### Diagram



Basic 3 Step



Toe Heel Travel

### Travel Ball Change



### Sticky Knowledge

When you are performing your Irish dance, keep your shoulders back to have a stronger posture.

Point your toes – when you lift them off the ground, do a kick back to your bum or leaps in the air.

Imagine that you are on a tightrope to ensure that your dance is tight and everything is in front of you.



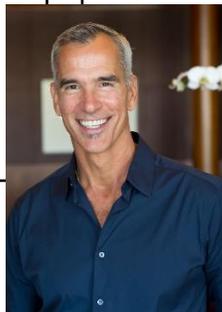
# UKS2 - Knowledge Organiser - PE

## Unit - Dance (Broadway)

### Inspirational Dancers

Jerry Mitchell (1960 – Present). Dancer and choreographer. Best known for the Broadway Musical - Hairspray

Fred Astaire (1899 – 1987). Famous American film and Broadway dancer. Remembered for his perfectionism.



### Equipment

Hats, music

### Prior Learning

Perform different styles of dance fluently and clearly.

Concentrating on a simple theme throughout and linking all activities to the communication of this to an audience.

### Subject Specific Vocabulary

Broadway	A combination of ballet, jazz and modern dance styles
Choreography	The practise of sequencing movements to create a dance
Improvise	To make up movements on the spot
Embellishment	Add detail to a move, such as a hand gesture or an arm movement
Artistry	Creative skill
Unity	A sense of wholeness/harmony
Dynamics	The qualities of movement based upon variations in speed, strength and flow
Collaborate	Work jointly together and share ideas



### Diagram



Hat Push



Drag Ball Change



Ronde de Jambe



Knee Step

### Sticky Knowledge

When choreographing a dance, there needs to be sequence so that the dance flows.

Express yourself – using embellishment and props will engage the audience.

Improvising and artistry with control will get you a higher score from judges.

You will need to practise and communicate to develop synchronisation during performances.