

Reception - Knowledge Organiser - PE

Unit - Dance

Inspiration



Diversity – winners of Britain's Got Talent in 2009. They are a street dance group who perform popping, hip hop dance, breakdance and acrobatics.
<https://www.youtube.com/watch?v=qtXOuWHTc7E>

Equipment

Music player, music, cones, hoops, animal pictures, colour cards, animal cards, season cards, transport cards, people cards

Prior Learning

Respond to hearing music.
 Basic movements such as walking, running, crawling, jumping and taking weight on hands.
 Being able to follow simple instructions
 Being able to replicate basic demonstrations and copy/repeat simple movements and shapes.

Subject Specific Vocabulary

Dance	Move rhythmically to music
Unison	Simultaneous performance
Travel	Moving in difference ways and speed
Perform	To showcase what you have learnt in front of others.



Supporting Information



Emotions and Colours

Developing Sequences



Seasons

Sticky Knowledge

To listen to all adults when they're talking and giving instructions.
 To follow instructions from adults.
 When working with a partner, listen to their ideas.
 When travelling make sure that you are looking around to ensure that you are safe.
 To be creative when you are performing. Not all movements are at the same level (e.g. high – top toes, low, crawling)

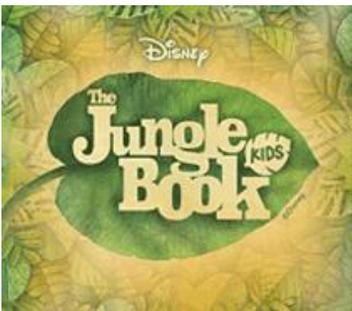
Tier 2 Vocabulary

Confident	Being sure and certain of oneself
Effort	Hard work or a good try
Prepare	To make something or oneself ready
Repetition	The act of doing or performing something over again

Key Stage 1 - Knowledge Organiser - PE

Unit - Dance

Inspiration



https://www.youtube.com/watch?v=UtgPdA73Y_E

Equipment

Music player, music, cones, hoops, jungle ideas pictures, jungle book synopsis, Mowgli & Baloo friendship document,

Prior Learning

To be able to follow simple instructions.
 To be able to move using simple rhythms and actions.
 To be able to copy and repeat actions.
 To be able to explore space safely.
 To be able to balance, coordination and stability whilst performing with some control.

Subject Specific Vocabulary

Mirroring	Replicating something
Dance Phrases	A sequence has a beginning, middle and end
Rhythm	Movements which are consistent with music/emotion
Coordination	Ability to execute smooth, accurate and controlled motor responses



Supporting Information

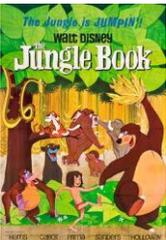


Jungle Animals

Mowgli and Baloo:
<https://www.youtube.com/watch?v=08NihjpVFsu>



Jungle Book



Friendship



Sticky Knowledge

Mirroring is when you replicate the same actions as your partner or group.

When acting like different animals, change your posture and "become the animal".

When you move from a shape to travelling it is called transitioning.

When performing, dances have different phrases: beginning, middle and end.

Tier 2 Vocabulary

Agile	Able to move ones body quickly and accurately
Bounce	To spring back from a surface after hitting it
Posture	The way someone holds their body, especially whilst sitting/standing.
Technique	A skilful way of performing or doing something

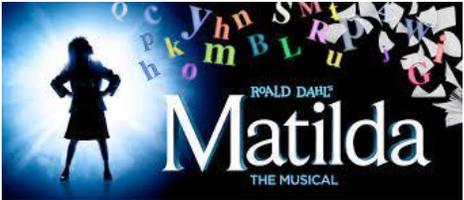
Lower Key Stage 2 - Knowledge Organiser - PE

Unit - Dance

Inspiration

Matilda the Musical

<https://www.youtube.com/watch?v=3MBasPiSvXA>



Equipment

Music player, music, cones, hoops, chairs, Mr Wormwood dance, Miss Honey dance

Prior Learning

To be able to perform a range of actions and movements with control and coordination.
To respond to a range of stimuli.
To have a more developed understanding of spatial awareness whilst exploring direction and speed.
To be able to compose and link actions to make simple movement phrases.

Subject Specific Vocabulary

Improvisation	Spontaneously performing without preparation
Timing	Moving to the beat of the music
Facial Expression	Showing your emotion through your face
Rehearse	To practice performances



Supporting Information



Matilda



Facial Expressions - <https://www.youtube.com/watch?v=B0ouAnmsO1Y>

Mr Wormwood:
https://www.youtube.com/watch?v=IRGcCA_LDMA



Miss Honey:
<https://www.youtube.com/watch?v=U29g97EE1Ks>



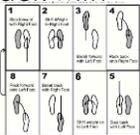
Sticky Knowledge

When performing use your facial expressions to match that of the character, mood of the dance and the music.

The 8 beat helps in synchronising and movements with music.

It is good to use your improvisation when taking role of another character.

Box Square – step right foot forward, cross over with left, step back on the right, step back with left.



Tier 2 Vocabulary

Ability	A skill or talent. The power to do something.
Cooperation	Working together towards the same goal
Improve	To do something better than before
Practice	To do something over and over again.



Upper Key Stage 2 - Knowledge Organiser - PE

Unit - Dance

Inspiration



Strictly Come Dancing is where celebrities train with professional dancers to learn how to dance different routines. They receive praise and criticism for their routines and use this as motivation to continue practising to improve.



Equipment

Music player, music, cones, hoops, formations resource, line dance steps

Prior Learning

To create, perform and repeat sequences which have a change in dynamic e.g. speed, direction and level.
To perform their dances with fluency and control.
To experiment with a wide range of actions whilst working with a partner or in a team.
To begin to develop basic choreography skills in travelling, dynamics and partner work.
To introduce emotion when performing dances.

Subject Specific Vocabulary

Non Locomotor Movements	Fundamental body movements which don't require travel (bending, swaying, wiggling)
Locomotion Movements	Moving from one place to another
Choreographer	A person who composes the sequence steps and moves to perform a dance
Formation	The shape in which dancers need to be in when performing their dances.

Supporting Information

Bollywood (Strictly Come Dancing):

<https://www.youtube.com/watch?v=-FrbcVyXud8>

American Line Dancing (Strictly Come Dancing) -

<https://www.youtube.com/watch?v=9ZGGozmhVkw>

Bhangra – energetic dance originated from Punjab (India)

American Line Dance – Country Western dance originated in the USA.

Sticky Knowledge

There are many different dances around the world which require different techniques to master.

It is good practise to recognise and comment on dances suggesting ideas to improve.

Use added expression whilst creating dances.

Formations are needed during line dancing to create the lines.

Communication is a must when choreographing.

Tier 2 Vocabulary

Adrenaline	A hormone made by the body that increases heart rate and energy.
Contort	Twist out of shape
Exhaustion	Extreme tiredness
Feat	An amazing action or accomplishment