



PE - Knowledge Organiser

Spring 1 2024/ 2025 Reception – Dance



Knowledge Organiser Dance Unit 1 Nursery/Reception

About this Unit

In this unit children will develop their expressive movement through the topic of 'everyday life'. Children explore space and how to use space safely. They explore travelling movements, shapes and balances. Children choose their own actions in response to a stimulus. They are given the opportunity to copy, repeat and remember actions. They are introduced to counting to help them keep in time with the music. They perform to others and begin to provide simple feedback.

Everyday Life



Communication and Language

Powerful Knowledge

		move
action	direction	shake
bend	high	space
count	low	twist



If you enjoy this unit why not see if there is a dance club in your local area.

- Children will be taught to:
- Be bare foot for dance.
 - Move around safely and with control.
 - Have an awareness of others in the teaching space.



This unit will help children to:

- balance
- move different body parts at the same time
- be more flexible
- move for longer

Ladder Knowledge



Actions:
Children will learn that they can move their bodies in different ways to create interesting actions.

Dynamics:
Children will learn that they can change the action to show an idea.

Space:
Children will learn that if they move into space it will help to keep themselves and others safe.

Performance:
Children will learn that when watching others they should sit quietly and clap at the end.

Strategy:
Children will learn that if they use lots of space, it will help to make their dance look interesting.

Personal, Social and Emotional

Social
Emotional
Thinking

This unit will develop the following skills:

- work safely, respect, collaboration
- independence, confidence
- select and apply actions, creativity, exploration, recall, provide feedback

Physical Development

Physical Skills

- actions
- dynamics
- space

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Transport Dance

What you need: some music

How to Play:

- Explore the following actions for each method of transport:
- cars: jog, holding arms up as if steering around the area. Use big exaggerated movements using lots of space and different pathways. Turn your wheel to change direction.
 - train: march around making a circling motion with the arms, elbows bent, high knees and big arm circles.
 - planes: fly/soar, jog around with arms spread out wide for wings. Vary the level used by flying high and low.
- Create a dance using each of the different methods of transport. Use counts of 8 to help you stay in time with your chosen music.

Make this harder by creating actions for another method of transport.



www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit.

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