



# PE - Knowledge Organiser

Spring 1 – Year 1 – 2024/2025 – Dance



## Knowledge Organiser Dance Year 1

### About this Unit

Here are some themes that you may explore in this dance unit...

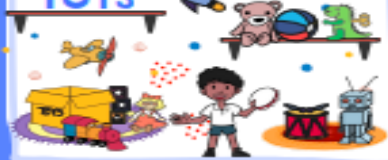
#### The Weather



#### Pirates



#### TOYS



#### On Safari



### Powerful Knowledge

action	direction	A Z
balance	fast	quickly
beat	level	slow
copy	pathway	slowly
counts	pose	timing

### Ladder Knowledge



#### Actions:

Actions can be linked to create a dance.

#### Dynamics:

You can create fast and slow actions to show an idea.

#### Space:

There are different directions and pathways within space.

#### Relationships:

When dancing with a partner it is important to be aware of each other and keep in time.

#### Performance:

Stand still at the start and at the end of the dance. It will let the audience know when you have started and when you have finished.

### Movement Skills

- actions
- dynamics
- space
- relationships

This unit will also help you to develop other important skills.

- Social** respect, work safely, collaboration, communication
- Emotional** empathy, confidence, acceptance, determination, kindness
- Thinking** creativity, select and apply actions, copy and repeat actions, provide feedback, recall

### Strategies

Use big, clear actions. It will help the audience to see you clearly.

### Healthy Participation

- You should be bare foot for dance.
- Ensure you always work in your own safe space when working on your own.

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

### Animal Dance

#### How to play:

- Create a short dance that uses the movements of an animal of your choice.
- Try not to just act like the animal, but use their movements as if the way they crawl, walk, sleep or jump.
- Think about how quickly or slowly they move.
- Think about how they move e.g. bouncy, smoothly.
- Choose some music that suits your animal too.

Show your dance to a family member or friend.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

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



@getset4education136

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

