



# PE - Knowledge Organiser

## Year 3– Autumn 2 – Dance

**Knowledge Organiser**  
Dance Year 3

Get Set 4 Education

### About this Unit

This unit is inspired by lots of different themes. Here are some that you may explore...

#### Machines

There are an estimated 10 million factories in the world. Industrial factories use big machinery to build things such as aeroplanes, cars, computers and electrical goods (like toasters, microwaves and washing machines). Machines are made up of different parts that make them work and control their movements... such as levers, cogs, pulleys, pumps and chains.

#### A trip to...

#### Dance Actions

#### LINE DANCING STEPS

**Step 1: The Fan** counts: 1,2,3,4,5,7,8

**Step 2: Heel, Toe** counts: 1,2,3,4,5,6,7,8

**Step 3: Grapevine** counts: 1,2,3,4,5,6,7,8

### Powerful Knowledge

**action:** the movement a performer uses e.g. travel, jump, kick  
**canon:** when performers complete the same action one after the other  
**create:** to make  
**dynamics:** how an action is performed e.g. quickly, slowly, gently  
**explore:** to try out and discover ideas  
**expression:** actions or gestures used to share thoughts or feelings  
**extend:** to make longer

**feedback:** information given to make improvements  
**formation:** where performers are in the space in relation to others  
**interact:** to communicate with others  
**pathway:** designs traced in space (on the floor or in the air)  
**perform:** to present to an audience  
**pose:** a position, usually still  
**timing:** moving to the beat of the music  
**unison:** two or more people performing the same movement at the same time

### Ladder Knowledge

Actions:	Dynamics:	Space:	Relationships:
If you share ideas with other people in your group and work collaboratively, you can try ideas before deciding on the best actions for your dance.	All actions can be performed differently to help to show effect.	Use space to help your dance to flow.	'Formation' means the same in dance as in other activities such as football, rugby and gymnastics.

### Movement Skills

- actions
- dynamics
- space
- relationships

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

- Social** share ideas, respect, collaboration, inclusion, leadership, work safely
- Emotional** confidence, acceptance, sensitivity, perseverance
- Thinking** select and apply actions, creativity, observe and provide feedback

### Strategies

Use canon and unison to create different effects in your dance. Listen carefully to the music you are dancing to. Dancing with an awareness of the music will make your dance look more complete.

### Healthy Participation

**!** You should be bare foot for dances. Ensure you always work in your own safe space when working independently.

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

**✓** How will this unit help your body?

balance, co-ordination, flexibility.

### 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)

#### Name Dance

**How to play:**

- Imagine that your body is a paint brush.
- Move as though your body is writing your name in space.
- Once you have created a movement for each letter, join them all together so that it becomes one dance.
- Add music to your dance and try to move in time to it.

Show your dance to a family member or friend.

Head to our youtube channel to watch the skills videos for this unit. [@getset4education156](https://www.youtube.com/getset4education156)