



PE - Knowledge Organiser

Autumn One – 2024/2025 - Year 5 – Dance



Knowledge Organiser Dance Year 5

About this Unit

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

Dance by Chance

Merce Cunningham is an American composer. Cunningham created a style of dance that was by chance, often called 'dance by chance'. He used random and chance methods to choreograph dance by assigning actions, dynamics and relationships and space to numbers. He then used methods such as phone numbers, birthdays and rolling a dice to create his dance.

Rock and Roll

- Rock 'n' roll is a genre of music that originated in the USA in the early 1950s.
- The music combines a number of different styles including country, gospel, rhythm and blues and jazz.
- You may have heard of famous rock 'n' roll artists such as Elvis Presley.
- Dancers need to have good stamina and co-ordination as the style uses lots of spins, jumps, lifts, slides with upbeat and lively dynamics.
- Dancers had exaggerated smiles as they danced and enjoyed the music.

Ancient Maya

This dance takes inspiration from Ancient Maya. The Mayan civilisation began long ago (it is believed as early as 1500 BCE), in a place called 'Mesoamerica'. This very large area is made up of Mexico and part of Central America where there is the Maya civilisation. The Mayans built amazing cities. They were experts at reading the stars and even built their cities as a map of the sky. The Mayans had ceremonies and rituals, including human sacrifices, that would have been filled with music and dancing.

Dragon Dance

This dance is inspired by Chinese New Year which is celebrated between 21st January and 20th February depending on the moon. Each year relates to an animal. The lion represents joy and happiness. The longer the dragon is in the dance, the more luck it will bring to the community.

Powerful Knowledge

- actions:** the movement a performer uses e.g. travel, jump, kick
- canon:** when performers complete the same action one after the other
- choreograph:** create a sequence of actions or movements
- choreography:** the sequence of actions or movements
- collaborate:** work jointly with others
- dynamics:** how an action is performed e.g. quickly, slowly, gently
- formation:** where performers are in the space in relation to others
- genre:** a style
- motif:** a movement phrase that relates to the stimulus that is repeated and developed throughout the dance
- pathway:** designs traced in space (on the floor or in the air)

- performance:** the complete sequence of actions
- phrase:** a short sequence of linked movements
- posture:** the position someone holds their body in
- quality:** the standard of the skill
- relationship:** the ways in which dancers interact, the connections between dancers
- space:** the 'where' of movement such as levels, directions, pathways, shapes
- structure:** the way in which a dance is ordered or organised
- timing:** moving to the beat of the music
- transition:** moving from one action or position to another
- unison:** two or more people performing the same movement at the same time

Ladder Knowledge



Actions: Different dance styles utilise selected actions to develop sequences in a specific style. Consider the actions you choose to help show your dance style.

Dynamics: Different dance styles utilise selected dynamics to express mood. Consider the dynamics you choose to help show your dance style.

Space: Space relates to where your body moves both on the floor and in the air.

Relationships: Different dance styles utilise relationships to express a chosen mood. Consider the relationships you choose to help show your dance style.

Movement Skills

- actions
- dynamics
- space
- relationships

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

- Social:** collaboration, consideration and awareness of others, inclusion, respect, leadership
- Emotional:** empathy, confidence, perseverance
- Thinking:** creativity, observe and provide feedback, use feedback to improve, comprehension, select and apply skills

Strategies

Use dance principles such as actions, dynamics, space and relationships to help you to express an atmosphere or mood.

Healthy Participation



You should be bare foot for dance. 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

Dance by Chance

What you need: random objects

How to play:

- Choose 10 objects that can be safely thrown e.g. feather, sponge, towel.
- In a safe area, throw the object into the air and observe the way it travels in space and the dynamics of the movement to create your own actions inspired the object.
- Number each object 0-10.
- Use your first 10 numbers from a familiar phone number to give you the order for your actions.

Add music to your dance if you would like.

www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit. @getset4education136