

Sticky Knowledge

Dancing is a physically demanding activity for fun and active healthy lives

There are many types of dance to watch and perform

New Zealand sports' teams practise their Haka dance before they play internationally

Ukraine are the current Para Dance European Champions from 2022

Dancing can be an way to feel and express emotions.

Key skills

Perform with control

Move in unison with a partner

Move in canon with a partner

Perform in time to music

Improvise to represent feelings

Work collaboratively to choreograph a dance



Belmont Primary School, P.E. Knowledge Organiser

Dance

Year Three and Four Spring Term, Cycle B



Resources

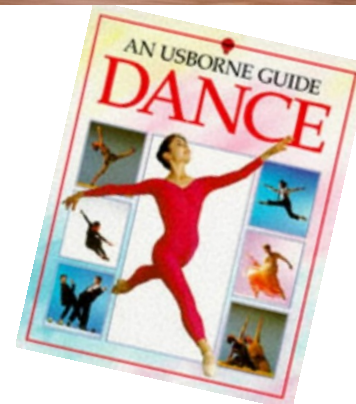
Music representing different feelings like

Katy Perry Firework,

Coldplay Yellow.

Various dance genre video clips

Books to enjoy reading



Key Vocabulary

Dance—move rhythmically to music, typically following a set sequence of steps

Flexibility—bending easily

Coordination—the ability to use different parts of the body together smoothly and efficiently

Canon—the same dance move that starts at different regular points with different dancers

Unison—perform together at the same time

Movement—changing the position of our body

Control—decide and action body movement

Perform—carry out, accomplish, or fulfil (an action, task, or function)

Collaboratively—working together

Choreography—the sequence of steps and movements in dance or figure skating, especially in a ballet or other staged dance

Improvise—create and perform (music, drama, or verse) spontaneously

Music—vocal or instrumental sounds (or both) combined in such a way as to produce beauty of form, harmony, and expression of emotion

Dynamics—the various loudness heard in music

Tempo—the speed of the music

Rhythm—a strong, regular repeated sound