



# Year 1 - Spring 1 - Dance Knowledge Organiser

## What I already know...

During PE lessons last term we developed our spatial awareness and ability to move fluently, and with control, changing direction and speed easily to avoid collisions! We also developed our hand eye coordination skills. In pilates we worked on building core strength as well as flexibility and the ability to 'hold' positions and land safely.

## Making a difference at The Merton

Just like in gymnastics we will be linking our Dance module to our Journey this term 'Once upon a time on Planet Earth!' As children plant their sunflower seeds and watch them grow as part of their science learning, they will make cross-curricular links and explore movements based on working in the garden, different types of seeds and the movement of plants as they grow. The final two lessons of the unit are based on the traditional story of Jack and the Beanstalk, which the children will become familiar with in their English learning and through the medium of dance, they will continue to immerse themselves in the text as part of their Talk for Writing experience. Throughout the sequence of lessons, children will dance on their own, with partners and in groups. This unit also teaches children the importance of determination, teamwork and respect, as well as providing regular opportunities for peer and self assessment.

## What I will learn...

- I will make links with my PSHE learning by recognising how their body feels when still and the differences I can feel after exercising.
- I will explore movement ideas and respond imaginatively to a range of stimuli.
- I will learn to move confidently and safely in their my own and general space, using changes of speed, level and direction
- I will compose and link movement to make simple dances with clear beginnings, middles and ends.
- I will perform movement phrases using a range of body actions and body parts
- I will talk about dance ideas inspired by different stimuli
- I will copy, watch and describe dance movement.



## Key Vocabulary

Motif	A simple pattern of movements that show an idea that is repeated and developed throughout the dance.
Unison	Doing the same action, at ex-
Canon	Perform the same actions, one
Freeze Frame	Create an image using your

## Making a difference at home

Dance for some children (and adults!) is an excellent way to release energy and express themselves! Why not show some of your dance skills to people at home. You could teach siblings or cousins some of the dance movements you have learnt at school. What type of dance do you enjoy the most? Maybe other members of your family could teach you some new movements to share with us at school.