



# Year 5 - Spring - PE Knowledge Organiser

## What I already know...

- That basic body actions make up dance moves, for example: step, gesture, travel, jump, turn.
- In dance, movements and actions are repeated, usually on a count of 4 or 8.
- That timings with music and simple rhythm help us to keep in unison as a group.

## Key Vocabulary

Unison	Two or more dancers performing the same movement at the same time.
Canon	When the same movements overlap in time.
Mirroring	facing each other and doing the same choreographed routine.

## What I will learn...

### Dance

- How performance skills such as unison, canon and mirroring and develop their relationship skills by working as part of a group to choreograph a sequence.
- To know how to choreograph a sequence.
- To know how to develop strength, flexibility, technique, control and balance.
- To know how to link moves together with fluidity and good body tension.
- To know how to perform their movements in time to the music and be able to count out the beat.

## Making a difference at home

- You could join one of many dancing schools in the local area.
- Watch a dance performance at a theatre.
- Be inspired by some of the incredible dancers in British history such as: Dame Darcey Bussell, Margot Fonteyn and Wayne Sleep.



## Making a difference at The Merton

The children will learn how to perform and evaluate a performance in dance and choreograph their own sequences within a group. The journey of PE will encourage children to look for confidence in their own performance and to recognise success. PE will also be used as opportunity to discuss the importance and relevance of exercise in promoting good physical and mental health.