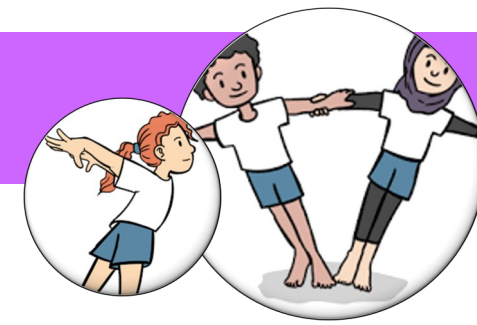




Year 1 - Spring 2 - PE Dance Knowledge Organiser



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.

What I will learn...

- To develop fundamental movement skills in agility, balance and coordination with self and others
- Recognise how my 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 to perform movement patterns
- I will talk about dance ideas inspired by different stimuli
- I will copy, watch and describe dance movement.

Key Vocabulary

counts	A performer uses counts to stay in time
level	'high, medium, low'
action	The movement a dancer does
pathway	Designs traced in space
pose	Holding your body in a balanced shape.

Making a difference at The Merton and beyond

Through the context of 'weathers' and 'polar animals', which link to our science learning, the children will explore travelling actions, movement skills and balancing. They will understand why it is important to count to music and use this in their dances. Children will copy and repeat actions linking them together to make short dance phrases. They will work individually and with a partner to create ideas in relation to the theme. Dance sessions will have real purpose as children build up to routines for a performance that we will invite our parents to come to watch. Throughout the learning children will be developing determination and empathy (support) of others as they keep learning and trying to improve and try to maintain a 'positive attitude' trying their best even when things are difficult.

PE skills I will learn....

- Actions can be linked to create a dance
- You can create fast and slow actions to show an idea
- There are different directions and pathways within a space
- When dancing with a partner it is important to be aware of each other and keep in time
- Use big clear actions to help the audience to see you clearly
- Stand still at the start and at the end of the dance to let the audience know when you have started and have finished.