



# Year X - Autumn - 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.

## 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.

## 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.
Flexibility	the range of movement possible at a joint.
Choreography	Designing a sequence of step and movements.
Coordination	The ability to use two or more body parts together.
Rhythm	The way each individual dancer understands, experiences, and expresses music using their



## Making a difference at The Merton and beyond

- The children will learn how to perform and evaluate a performance in dance and choreograph their own sequences within a group. They will build 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. You could join one of many dancing schools in the local area.

### PE skills:.( how to be a dancer..)

#### Disciplinary Knowledge: PE skills I will learn...

Balance, coordination, control, rhythm, choreography skills, strength, flexibility.