

Knowledge Organiser: PE

Dance (KS2 NC - perform dances using a range of movement patterns)

Key Vocabulary			
Step	Gesture	Travel	Freeze frame
Jump	Turn	Movement memory	Count
Set	Trigger	Unison	Flexibility

Types of dance

Modern - A free expressive style of dancing. Ballet - A highly technical and famous performance dance. Very precise movements. Street - Informal style involving a variety of athletic moves. Popular with young people. Contemporary - An expressive style that combines elements of several dance styles. Ballroom - Formal dances for partners such as Foxtrot, Waltz and Quickstep - can be seen on Strictly Come Dancing. Latin - Partner of group high energy dances, Samba, Cha Cha Cha. Can be seen on SCD. Tap - A more unusual dance. Tap is performed by creating rhythmic sounds using tap shoes which strike the floor to accompany the music.

In Year 2, you learnt:

To perform dances using simple movement patterns

To lead and follow mirroring

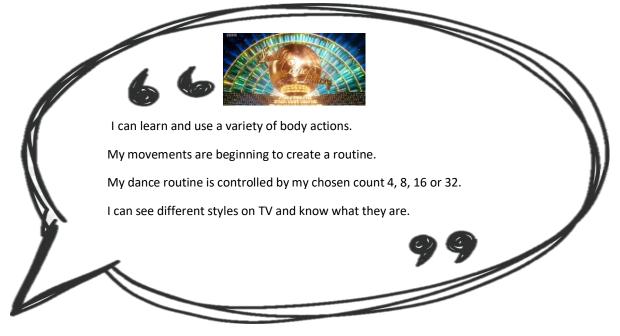
To use different body parts to move to music

To move according to the pace of music

To discuss what dance style would reflect the mood of a song

To develop special awareness

To combine movements in a sequence



Basic body actions

Basic body actions are the foundations that help make up the movements of a dance routine. These include step, gesture, travel, stillness, jump and turn. By putting these together, in whatever order you choose to make it flow, you can create a simple dance routine very easily.

Timing

Timing can be either simply keeping the movements and counts to accompany the music or whether a pair/group are in unison. Keeping in time relies on the performer to listen to the music, keep the counts to the beat of the music and use their movement memory!

Counts/Sets

Key facts and skills

Performing a movement/action needs to be done within a count and is usually over a count of 4, 8, 16 or 32. By doing this it creates a structure and provides control to the routine as it keeps it looking good and not completely random!

Trigger

Knowing the trigger is important in both individual and group dances. A trigger can be a specific part of the music, someone else's specific movement which indicates the beginning of your movements. Picking out specific parts as a trigger helps remember the routine.