

Knowledge Organiser: PE Dance

Hopping/Tiptoeing

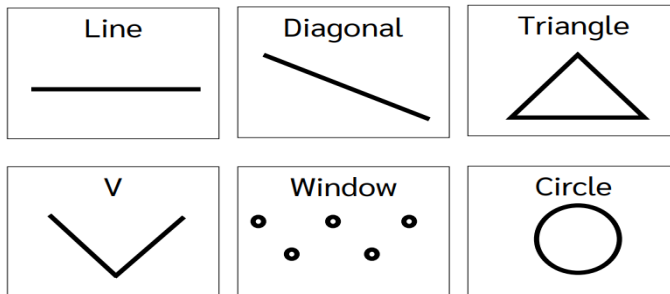
Synchronise (link together) using different formations of dance.



In Year 3, you learnt body awareness, balance, control, co-ordination, rhythm / timing and spatial awareness.
The challenges you faced were;
How long could you hold your balance for?
Was it difficult to move in to a space whilst sticking to the time?
What if you had no rhythm - would it come eventually?

AJ Pritchard:

Pritchard is a British dancer from Stoke. He is well known for being able to dance in 7 different ways and has performed with non-dancing athletes such as British Paralympian, Lauren Steadman.



Skills and Vocabulary

1	Balance	Being able to keep a stable body (without wobbling or falling) over a base of support (Eg, Hands or feet)
2	Body Awareness	Understanding how your body is moving in time to the music, without having to look in a mirror.
4	Control	The power to direct your body and body parts to master dance moves
5	Co-ordination	Being able to move different body parts at the same time.
6	Dynamics	Being able to change your body moves. Eg, fast, slow, jerky, smooth etc.
7	Facial Expression	Being able to show a story through the using your face.
8	Spatial Awareness	Using the correct amount of space when performing. This links to the safety aspect of the sport.