



St Andrew's C of E Maghull Knowledge Organiser Year 1 – Spring 1 – PE – Dance Unit 1



| <u>Knowledge:</u> | <u>Skills:</u> | <u>Vocabulary:</u> | <u>Lesson Sequence:</u> |
|---|---|---|---|
| <p>Explore pathways.</p> <p>Use some sense of dynamic and expressive qualities in my dance.</p> <p>Choose appropriate movements for different dance ideas.</p> <p>Know how to use space.</p> <p>Know how my body changes when I do exercise.</p> <p>Perform with an awareness of body shape required.</p> <p>Remember and repeat simple movement patterns.</p> <p>Move with control and show spatial awareness.</p> <p>With help, compose a basic movement phrase.</p> <p>Work with a partner.</p> <p>Engage with the class to perform marching sequence and canon.</p> | <p>Confident to explore space within their dances and movements.</p> <p>Recognise that dances can have themes and stories.</p> <p>Perform basic body actions along with music.</p> <p>Use different parts of the body, combine arm and leg actions.</p> | <p>Beat – the pulse of the music.</p> <p>Curl – a spiral turn.</p> <p>Dance – to move the body.</p> <p>Fast – quick.</p> <p>Feet – used to move.</p> <p>High – reach high.</p> <p>Low – reach low.</p> <p>Music – used to dance to.</p> <p>Rhythm – the beat.</p> <p>Step – using feet to move.</p> <p>Stretch – to make limbs longer.</p> <p>Swing- to turn body around.</p> <p>Turn – move body the other way.</p> <p>Twist – move body the other way.</p> <p>Canon – same movement at different times.</p> | <p><u>Unit 1</u></p> <p>1 – to show moods and feelings we would experience in the jungle.</p> <p>2 – to move as if we are living in the jungle.</p> <p>3 – to create and perform movements which show friendship.</p> <p>4 – to perform leading and following movements.</p> <p>5 – to perform a short dance with a clear start, middle and end.</p> <p>6 – to use repeated actions in our dance.</p> |

