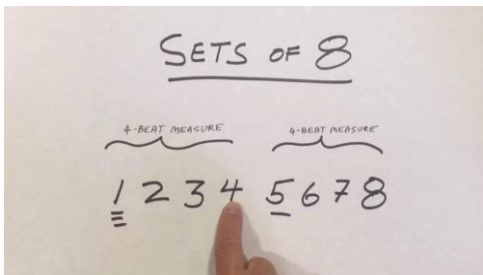




PE Knowledge Organiser	
Year 2 Autumn Term	Dance

Key Knowledge and Skills:		Key Vocabulary:	
<u>Count up to 8 to stay in time with a piece of music:</u> 	<u>Different levels:</u> Movements can be done in a high, medium or low level.  low  high  medium	Vocabulary:	Definition:
		<u>Speed of actions:</u> fast medium slow	Level
<u>Travelling in different directions and pathways:</u>  straight  curved  zig zag	<u>Shapes and balances:</u>   	Direction	The way that you are travelling e.g. backwards, diagonally.
		Travel	How you move from one place to another.
		Posture	How you hold your body e.g. stretching up tall.
		Balance	Hold a position and remain still without wobbling.
		Dynamics	Moving at different speeds, strengths and flow.
		Speed	How quickly or slowly you move.
		Coordination	Moving your muscles with control and accuracy.
		Repeat	Doing something again.
		Mirror	Doing the same action at the same time as someone else (mirror image).
		Unison	Two or more dancers performing the same action at the same time.
		Expression	Changing your face to suit the mood of the music or a character.