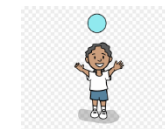




PE Knowledge Organiser



Year 4: Spring Term

Dance

Key Knowledge and Skills:

Copy, create and choose actions in response to a theme/idea with a partner:

- Use a set phrase of 16 counts to stay in time with each other and the music.
- Pairs – explore actions that can show action and reaction – high kick, roll under partner's leg.
- Choreograph a sequence of movements to 2 x 8 counts with action and reaction
- Perform dances to each other – give feedback

To use actions, dynamics, spacing and timing:

- Think about how the different dynamics could impact on a performance- use actions to represent solids, liquids and gases.
- Explore space and relationships to represent the three states of matter.
- Perform the dance, clear start and finish position and give feedback to each other.
- Develop –work in fours – phrases last 16-24 counts – then perform the dance.

To remember and repeat actions and create dance ideas in response to a stimulus:

- What body parts can be used?
- Which different movements could represent it?
- Use clear actions to represent your ideas
- Think about the use of space around you.

	actions	dynamics	space	relationships
solid 	kick lunge stamp step slide	strongly heavily robotically	same level as each other straight pathways	move in unison in contact side by side matching
liquid 	slide wave twist	smoothly fluidly gently gracefully	curved pathways varied directions	some performers in contact canon
gas 	spin leap jump roll kick	smoothly fluidly gently	varied directions random pathways different levels	not in contact random timing spaced away from others

To use action and reaction when creating ideas with a partner.

- Work in pairs to create a phrase using action and reaction for their superpower.
- Talk through and share your ideas with your partner.
- Use opposites to help you to create actions.
- Choreograph a dance in a group of four.

Key Vocabulary:

Vocabulary:	Definition:
phrases	Movement sequences with a beginning, middle and end.
dynamics	Whether the music is loud or quiet and what movements are used to show this.
actions	What a dancer does- travelling, turning, gesture, use of body parts, transference of weight.
timing	How well a dancer moves to the beat of the music.
expression	Demonstrate or convey emotion or thoughts.
choreography	Designing the dance.
action	First movement or gesture.
reaction	Movement in response to a first movement.

Use action and reaction in dance to show how one person's movement affects how another person moves.

