Eversley Primary School– Knowledge Organiser

P.E.	Dance Gesture and Formations for Dance Sequences	Year 1	Spring Term 1

Skills

- Perform basic body actions
- Perform a sequence with clear beginning middle and end
- Use different parts of the body singularly and in combination

Key Knowledge

Perform basic body actions

Perform a sequence with clear beginning middle and end

Use different parts of the body singularly and in combination

Sequence of Practical Experiences

respond to a range of hand and arm actions

copy simple movement patterns and ideas from others and explore that movement

choose movements to make into my own phrases with beginnings, middles and ends

practise and repeat my movement phrases and perform them in a controlled way

use simple dance and science vocabulary to describe movement

talk about dance, linking movement to science knowledge of everyday changes

Statutory requirements

- perform dances using simple movement patterns.

Prior Learning

- Copy and explore basic actions
- Begin to combine movements using different parts of the body
- Recognise a beginning and ending of a sequence
- Practise moving expressively and clearly
- Show some rhythmic intention in their movements
- Recognise and participate in simple action rhymes and dance stories

Key Vocabulary

words to describe travel and stillness, e.g. gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue

words to describe direction, e.g. forwards, backwards, sideways

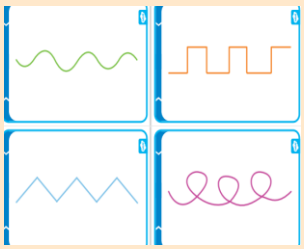
words to describe space, e.g. near, far, in and out, on the spot, own • beginning, middle, end

words to describe moods and feelings (expressive qualities), e.g. jolly, stormy

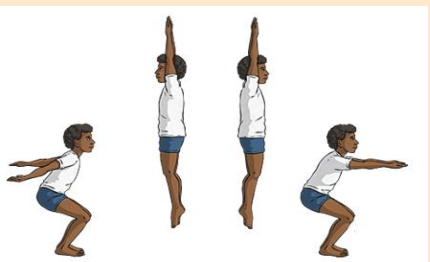
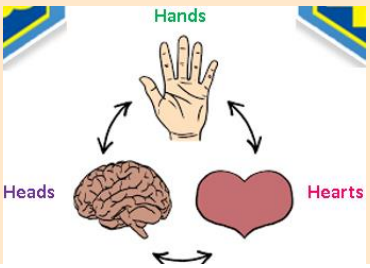
words to describe the nature of movement (dynamic qualities), e.g. fast, strong, gentle, fast, slow

Techniques

Travelling lines



Jumping and Landing



Heads, Hearts, Hands