



# Lyng Primary School P.E Knowledge Organiser



Topic: Dance

Year 2

Spring 1

## Unit Objectives

- Copy and remember moves and positions.
- Move with careful control and coordination.
- Link two or more actions to perform a sequence.
- Choose movements to communicate a mood, feeling or idea.



## Key words

Spelling	Definition
Step	Dancers movement so that their weight is moved from one supporting foot to another.
Travel	Moving from point A to point B using a repeated movement.
Freeze Frame	Where no movement is used to create an effect.
Jump	Your body must completely leave the floor.
Turn	A rotation of the body – it is usually a complete rotation of the body.
Count	Equal beats usually paired with music.
Unison	Two or more people doing a range of moves at the same time.

Skills	Definition	How do I do this?
Travelling	To move from one place to another	Think of the different ways that you can travel and change direction eg. Skipping, crawling, hopping and sliding. Repeat and link actions. Use counts to stay in time with the music.
Actions	Body movements in time to the music.	Example of actions include, dapping, clicking, leaping, crouching, shaking, twisting and spinning Use clear and confident actions Use counts to help you stay in time with the music.
Facial Expressions	To use your face to show ideas and emotions	Use facial expressions to show different ideas, eg. Animals, people, etc and to show emotions. Eg. Happy, sad, angry, disappointed etc.
Balancing	To hold a body position with control	Consider each part of your body and the shapes that you create. Hold moves for at least 5 seconds. Keeping arms and legs further apart helps.
Making Sequences	To put actions together	Consider how actions look together. Marks for quality, control and how in time (coordinated) you are with music and your partner.

**“Dance is a great way to express yourself!”**

**Darcey Bussell**



# Lyng Primary School P.E Knowledge Organiser



Topic: Dance

Year 2

Spring 1



Name 3 different ways of travelling.

- 1.
- 2.
- 3.

Name 3 different ways of showing a facial expression...

- 1.
- 2.
- 3.



What does unison mean?

- |                                       |  |
|---------------------------------------|--|
| Same movements at the same time.      |  |
| Same movements at a different time.   |  |
| Different movements at the same time. |  |



What is freeze frame?

- |                          |  |
|--------------------------|--|
| No movement is used      |  |
| Some movement is used    |  |
| Lots of movement is used |  |

“The one thing that can solve most of our problems is dancing.” – James Brown

