



# Physical Education Y7 Dance Knowledge Organiser

Actions

Jumps

Turns

Balances

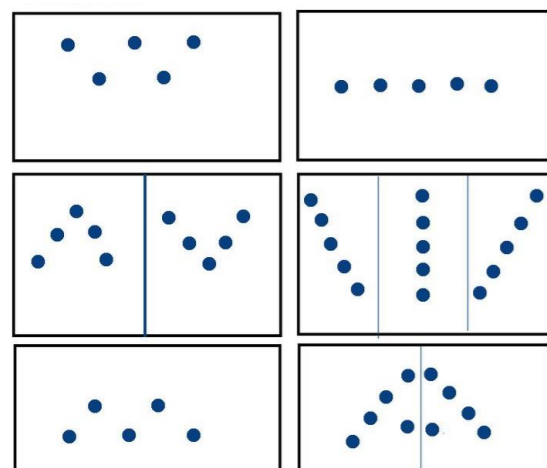
Canon

Dancers perform an action one after the other

Unison

Dancers perform an action all together at the same time

**Formations:** Shapes and patterns created in space by others



**Mirroring:** Dancers perform the same actions at the same time with the same limbs facing each other, acting like a mirror reflection

## Levels



## Aesthetically Pleasing

Aesthetically pleasing means when the dance is enjoyable to watch

### KEY VOCABULARY

Action, formation, Rehearse, Choreography, Unison, Canon, Mirror, Aesthetically pleasing, Space, Dynamic, Start and finish positions, Constructive feedback, Audience and Video analysis