



# Dance – Year One

## PE KNOWLEDGE ORGANISER



Teacher Glossary		
Word	Definition	How do I do this?
Counts	A performer uses counts to stay in time with the music and/or other performers.	Knows that you create one move per beat.
Action	The movement a dancer does e.g. travel, jump, kick.	Knows that you can move in a variety of ways to create an action.
Level	High, medium and low.	Knows that my body needs to be as far away from the ground as possible for the high level, standing for medium level and close to the ground for the low level.
Pathway	Designs traced in space (on the floor or in the air)	Knows that travelling from A to B is creating a pathway and any movement is apart of this.

**Key Skills – S.E.T**


Social: Co-operation  
 Social: Communication  
 Social: Coming to decisions with a partner  
 Social: Respect  
 Emotional:  
 Confidence Emotional:  
 Acceptance  
 Thinking: Counting  
 Thinking: Observing and providing feedback  
 Thinking: Selecting and applying actions

**Key Skills - Physical**

Travel  
 Copying and performing actions  
 Using shape  
 Balance Coordination

**Inspiring Athlete**

Ashley Banjo



**Links to the National Curriculum**

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- Pupils should be taught to perform dances using simple movement patterns.



travel



move



Forwards/backwards