

Year 2
Spring 2

Manor Leas Infant School Knowledge Organiser

Physical Education

Dance



Star Words	Definition
Dynamics	How you move (fast, slow, strong or gentle).
Expression	Showing an idea or feeling through movement.
Level	How high or low your body is.
Unison	Moving at the same time as someone.
Timing	Moving on the beat at the right moment.

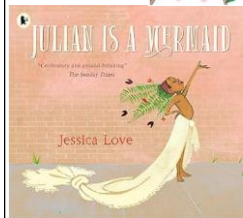
Sticky Knowledge

In this unit, pupils explore dance through a range of themes. They will use space and movement to express an idea, mood or character, developing travelling actions, dynamics and expression. Pupils will use counts of 8 to stay in time with the music and a partner. They will explore pathways, levels, shapes, directions and speed, and work independently and with others to perform and give feedback using key dance vocabulary.



Helpful Books

Christie Matheson



Home Learning Ideas

Newspaper Dance

What you need: 1 or more players, a sheet of newspaper per player, a music track, someone to press stop.

How to play:

- Each player begins standing on a large piece of newspaper.
- When the music plays move off the newspaper and dance around the space.
- When the music stops stand on the newspaper. Players are not allowed to touch the floor.
- When successful reduce the size of the newspaper by folding it.
- Keep playing until you cannot stand without going out of the boundary.

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I can create and repeat my own dance phrases. Link your actions to create a sequence. Think of ways to make it interesting.



I can change my dynamics to suit the dance. Think about using fast and slow actions. Move with control to suit the dance.



I can describe and choose my own pathways. Notice and talk about how you move. Try moving in different pathways.



I can perform my dance with expression and finish in a still shape. Show an idea or feeling with your movements. Stand still at the start and end.

I can work with a partner to dance in unison. Watch your partner carefully. Move on the same counts at the same time.

I can talk about a dance and suggest ideas to improve it. Tell the person what you liked about their dance. Suggest one thing to make it even better.

Helpful Websites

Head to the youtube channel to watch the skills videos for this unit.

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