

Spring 1- Knowledge organiser: Year 1/ 2 Dance

Polar Regions



Action: stretching and relaxing; pushing arms out to sides; swirling hands and arms; twisting and turning, slow, gentle steps; striding and leaping; toe-pointing; smooth sliding.

Dynamics: jagged and spiky; responding to imaginary 'wind'; springy striding; moving forwards and sideways; moving in time together.

Space: devising unusual shapes in limited space; holding arms out for balance; exploring levels (high, medium and low).

Relationships: twisting and turning together; pairs in snowflake-shapes; joining pairs together; in two halves, appraising each others' dances and movements.

Vocabulary:

Definition:

Basic body actions	Step, travel, stillness, jump and turn.
Creativity	Using your imagination to express emotions and ideas through physical movements.
Movement memory	The automatic recall of learner movement material.
Trigger	Where another person, part of the music or a cue is used to trigger a dance move.
Unison	Two or more people doing a range of moves at the same time.
Cannon	2 or more dancers perform the same move one after the other.
Feedback	Giving positive and constructive feedback to improve