



PE - Knowledge Organiser

Year 2 – Autumn 2 – Dance

Get Set 4 Education

Knowledge Organiser Dance Year 2

About this Unit

This unit is inspired by lots of different themes. Here are some that you may explore...

Structuring the Dance

- **Setting sector** (balance): 8 counts
- **Waggle dance** (movement to the hoop): 8 counts
- **Busy bees** (travel): 8 counts
- **Landing bees** (around the hoop): 8 counts

Welcome to the circus!

Secret Garden

JACK-FROST

- Start position: 8 counts
- Leaping actions: 16 counts
- Set phrase on the spot: 8 counts
- Over movement with the scarf: 8 counts
- Finishing position: 8 counts

The Rainforest

- The rainforest is a tropical area with lots of different plants and animals.
- The animals in the rainforest are very different to the ones we see in the UK.
- The rainforest is a very hot and humid place.
- The rainforest is a very important part of the world.

Ladder Knowledge

- Actions:** Placing actions in a particular order will help you to tell the story of your dance.
- Dynamics:** You can change the way you perform actions to show an idea.
- Space:** You can use different directions, pathways and levels in your dance.
- Relationships:** Use counts of 8. It will help you to stay in time with your partner and the music.
- Performance:** Use facial expressions. It will help to show the mood of your dance.

Movement Skills

- actions
- dynamics
- space
- relationships

This unit will also help you to develop other important skills:

- Social:** respect, collaboration, work safely, communication
- Emotional:** independence, confidence, perseverance, determination
- Thinking:** provide feedback, comprehension, reflection, observation, creativity

Strategies

Keep practicing your dance. It will get better everytime.

Healthy Participation

- You should be bare foot for dance.
- Ensure you always work in your own safe space when working on your own.

Key Vocabulary

action	expression	
counts	level	perform
create	matching	speed
direction	mirroring	timing
dynamics	pathway	unison

If you enjoy this unit why not see if there is a dance club in your local area.

This unit will help you to:

- balance
- move different body parts at the same time
- be more flexible

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Newspaper Dance

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

How to play:

- Each player begins standing on a large piece of newspaper.
- When the music plays walk 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.

www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit. [@getset4education136](https://www.youtube.com/@getset4education136)