



# PE - Knowledge Organiser

## Autumn One – 2024/2025 - Year 6 –Dance



### Knowledge Organiser Dance Year 6

#### About this Unit

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



#### STAMP, CLAP

Choreographers (people who make up dances) sometimes don't perform to music.

Dance groups all over the world use everyday items such as brooms, bin lids and basketballs, as well as their own bodies as their stimulus to choreograph dance.

In this theme, you will be choreographing a dance and creating the music yourselves using your bodies...



#### Bhangra Dance

Bhangra is the traditional dance of Punjab in India. It originated with farmers as a folk dance celebrating the time of the harvest.

Bhangra is traditionally danced to the dhol drum and has a very energetic and lively tone. It is often danced in circles and uses a lot of arm and shoulder movement.



#### 1970s Disco

Developed during the mid-twentieth century and has since grown to become one of the most popular genres for formally trained dancers throughout the world.

Contemporary dance is all about self-expression, storytelling, and interpretation. Contemporary dancers have freedom of movement, allowing their bodies to freely express feelings, characters and events.



Powerful Knowledge

- action:** the movement a performer uses e.g. travel, jump, kick
- aesthetic:** how a performance or skill looks
- choreography:** the sequence of actions or movements
- dynamics:** how an action is performed e.g. quickly, slowly, gently
- express:** make suggestions
- formation:** where performers are in the space in relation to others
- freeze frame:** when performers create an image without movement
- inspiration:** to take ideas from
- mood:** a state of feeling
- motif:** a movement phrase that relates to the stimulus that is repeated and developed throughout the dance
- phrase:** a short sequence of linked movements
- pose:** a position, usually still
- refine:** to improve the quality
- rehearse:** to practise
- stimulus:** something that creates ideas
- structure:** the way in which a dance is ordered or organised
- style:** the type of dance
- transition:** moving from one action or position to another

#### Ladder Knowledge



#### Actions:

Actions can be improved with consideration to extension, shape and recognition of intent. Remember what you are trying to tell the audience when choosing your actions.

#### Dynamics:

Selecting a variety of dynamics in your performance can help to take the audience on a journey through your dance idea.

#### Space and relationships:

Combining space and relationships with a prop can help you to express your dance idea.

#### Movement Skills

- actions
- dynamics
- space
- relationships

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

**Social** share ideas, collaboration, support, communication, inclusion, respect, leadership

**Emotional** confidence, self-regulation, perseverance, determination, integrity, empathy

**Thinking** creativity, observation, provide feedback, comprehension, use feedback to improve, select and apply skill

#### Strategies

A leader can ensure your dance group performs together. Keep in character throughout your performance, it will help you to express an atmosphere or mood that can be interpreted by the audience.

#### Healthy Participation



You should be bare foot for dance.

Ensure you always work in your own safe space when working independently.

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



How will this unit help your body?

Balance, co-ordination, flexibility.

#### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

#### Word Dance

What you need: a book or magazine

#### How to play:

- Open a random page and find 10 action and describing words.
- Create an action or movement for each word.
- Sequence the movements together to create a dance.
- Share your dance with somebody, add music if you would like.

Use a variety of space and levels to make your dance look interesting.

[www.getset4education.co.uk](http://www.getset4education.co.uk)

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



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