



# KS1 PE Knowledge Organiser

## Year 1 Spring 2

### Dance — Heroes

#### What I will learn (sticky knowledge)

- I can control my body to perform movements.
- I can create a sequence of movements.
- I can link movements to sounds and music.
- I can demonstrate fairness and empathy as I work with others.

#### What I should already know

- I can dance, and experiment with ways of changing them.
- I can represent my own ideas, thoughts and feelings through music and dance.

#### What I will learn next

- I can copy and explore basic movements with clear control.
- I can move my body into a variety of levels and speed in sequence
- I can vary the size of my body shapes
- I can add change of direction to a sequence
- I can use space well and negotiates space clearly.
- I can describe a short dance using appropriate vocabulary.

Key Vocabulary	Definition
<b>Beat</b>	The beat is the basic unit of time used to count the notes of the music or sound that a dancer is moving to. Dancers usually move on the beat (counts 1, 2, 3,
<b>Moving</b>	Using a variety of body parts to move around the space in a creative way.
<b>Control</b>	Moving our bodies in time with the music, beat or sound.
<b>Sequence</b>	A combination of controlled movements that have been added together in a particular
<b>Expression</b>	The actions a dancer uses to make their characters thoughts or feelings known .

