



Y3 PE Knowledge Organiser—Dance



Key Knowledge

Learn these key facts—key points in red

Basic Body Actions

Basic body actions are the foundations that help **make up the movements of a dance routine**.

These include **step, gesture, travel, stillness, jump and turn**. By putting these together, in whatever order you choose to make it flow, you can create a simple dance routine very easily.

Counts/Sets

Performing a movement/action needs to be done within a count and is usually over a count of **4, 8, 16 or 32**. By doing this it creates a structure and provides control to the routine as it keeps it looking good and not completely random!

Timing

Timing can be either simply keeping the **movements and counts to accompany the music** or whether a **pair/group are in unison**. Keeping in time relies on the performer to **listen to the music**, keep the counts to the beat of the music and use their movement memory!

Trigger

Knowing the trigger is important in both individual and group dances. A trigger can be a specific part of the music, someone else's specific movement which indicates the beginning of your movements. **Picking out specific parts** as a trigger helps remember the routine.

Key Vocabulary

Understand these key words

Word

Definition

Step (transfer of weight)

dancer's movement so that their weight is moved from one supporting foot (or supporting limb/body part) to another one fully or partially

Gesture

used to talk about movements that do not involve carrying the weight of the whole body throughout space.

Travel

Moving from point A to point B using a repeated movement

Freeze Frame (stillness)

Where no movement is used to create an effect.

Jump

Your body must completely leave the floor

Turn

a rotation of the body about the vertical axis. It is usually a complete rotation of the body

Movement Memory

the automatic recall of learned movement material.

Count

Equal beats usually paired with the music—can be 4, 8, 16 or 32 in length

Set

A given number of beats/actions that can be repeated. Sets are usually made up of 4, 8,

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.

Styles of Dance

Modern

A free expressive style of dancing

Ballet

A highly technical and famous performance dance. Very precise movements.

Street

Informal style involving a variety of athletic moves. Popular with young people

Contemporary

An expressive style that combines elements of several dance styles.

Ballroom

Formal dances for partners such as Foxtrot, Waltz and Quickstep - can be seen on Strictly Come Dancing

Latin

Partner of group high energy dances, Samba, Cha Cha, Jive. Can be seen on SCD

Tap

A more unusual dance. Tap is performed by creating rhythmic sounds using tap shoes which strike the floor to accompany the music