



Get Set 4
Education

Knowledge Organiser

Dance Year 1

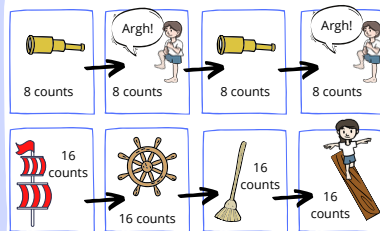
About this Unit

Here are some themes that you may explore in this dance unit...

The Weather



Pirates



How would these toys move?

TOYS



On Safari

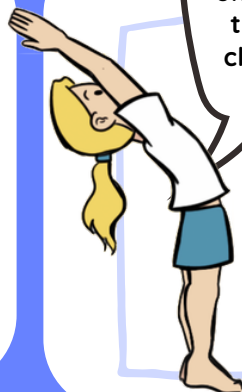


Key Vocabulary

action	direction	
balance	fast	quickly
beat	level	slow
copy	pathway	slowly
counts	pose	timing



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



Ladder Knowledge



Actions:

Actions can be linked to create a dance.

Dynamics:

You can create fast and slow actions to show an idea.

Space:

There are different directions and pathways within space.

Relationships:

When dancing with a partner it is important to be aware of each other and keep in time.

Performance:

Stand still at the start and at the end of the dance. It will let the audience know when you have started and when you have finished.

Movement Skills

- actions
- dynamics
- space
- relationships

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

Social

respect, work safely, collaboration, communication

Emotional

empathy, confidence, acceptance, determination, kindness

Thinking

creativity, select and apply actions, copy and repeat actions, provide feedback, recall

Strategies

Use big, clear actions. It will help the audience to see you clearly.

Healthy Participation



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

Home Learning



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



Animal Dance



How to play:

- Create a short dance that uses the movements of an animal of your choice.
- Try not to just act like the animal, but use their movements e.g. the way they crawl, walk, sleep or jump.
- Think about how quickly or slowly they move.
- Think about how they move e.g. bouncy, smoothly.
- Choose some music that suits your animal too.

Show your dance to a family member or friend.



www.getset4education.co.uk



This unit will help you to:

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

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



@getset4education136