

# World's End Junior School Knowledge Organiser

## Year 5 - Dance

In this dance unit, we will explore dances from other cultures, listen to music and develop our own rhythm in accordance to the flow. We will create dance routines to tell a story with a clear beginning and end, using a range of dance techniques.

### Canon



### Movement



#### Movement

- To create movement patterns similar to a known dance motif.
- To use techniques including repetition, isolation, rondo and shadowing.
- To move in unison and canon with more accuracy.

#### Leadership

- I can lead larger group activity.
- I can act independently.
- I can manage the space around me effectively.

#### Tactics and Strategies

- Use strategies to remember different dance motifs and techniques.

#### Healthy lifestyle

- At least 30 minutes of continuous movement to increase cardiovascular strength.

#### Physical Education Knowledge Categories

#### Vocabulary

Motif, movement, isolation, dynamic, tempo, rondo, shadowing, rhythm.

#### Personal and Social

- Work with a partner or group to create a sequence of movements.
- Use constructive feedback to improve my performance and others.

## Vocabulary explained

**Tempo:** The speed of the music.

**Dynamics:** Varying levels of volume in a piece of music.

**Motif:** A finished sequence of dance moves.

**Movement:** Using your body in different ways in time to the music.

**Canon:** To take it in turns to complete the same dance move.

**Unison:** Two or more people doing the same range of moves at the same time.

**Sequence:** More than one dance move set in a particular order.

**Rhythm:** Moving in time to the music.

**Isolation:** To move one part of the body while the rest is still.

**Shadowing:** Standing one behind the other and performing the same moves.

**Rondo:** A motif with alternating and repeating sections.

**Count:** Equal beats usually paired with music – can be 4,8,16 or 32 in length.

## Different styles of dance

**Ballet** – A highly technical and famous performance dance with precise moves.

**Contemporary** - An expressive style that combines elements of several dance styles.

**Street** – Informal style of dance involving a variety of athletic moves.

