



Physical Education

Knowledge Organiser

Year 1 dance

National Curriculum links: perform dances using simple movement patterns as well as developing balance, agility and co-ordination.

Key values and vocabulary	Learning	Breakdown of skills/success criteria
<u>Values</u> - imagination - team work - co-operation <u>Vocabulary</u> - travelling - mirroring - sequence - obstacles - balance - memory - repeat - movement - stillness - turn	Previous learning	<u>Aim and success criteria of educational dance for year 1</u> - All children will explore basic body actions, e.g. jumping and turning and use different parts of their body to make movements. - Create and repeat short dances inspired by different stimulus and themes. - Think about how to use movement to explore and communicate ideas, feelings and thoughts.
	Year 1 learning	<u>Breakdown of skills for dance</u> Side galloping - Rhythmical smooth action - Weight on balls of feet - Body faces front - Rear leg lands adjacent to or behind front foot - Low vertical lift Skipping - Step-hop pattern is co-ordinated and smooth - Arms are used rhythmically in opposition to legs
	Future learning	
Key knowledge		
Children need to build on their knowledge of	In year 2, the children will learn to perform fundamental movement skills at a developing level and start to master some basic movements, perform body	

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movement and ways of travelling.

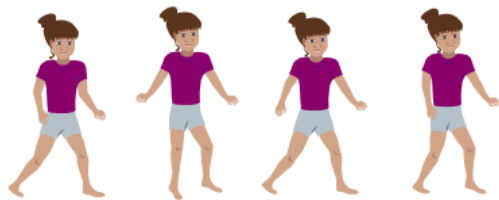
They must incorporate a range of movements, actions and balancing to create a sequence/routine.

actions with control and coordination and to perform short dances, showing an understanding of expressive qualities. This will be assessed through the demonstration of **the year 1 physical skills where a greater control, coordination and spatial awareness is seen.**

- Low vertical lift on hop
- Land on ball of foot

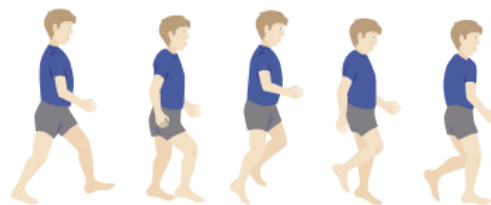
Supporting resources

Side galloping



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Skipping



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