



Get Set 4
Education

Knowledge Organiser

Dance Year 2

About this Unit

This unit is inspired by lots of different themes. Here are some that you may explore...

Structuring the Dance

- **Getting nectar** (balance): 8 counts
- **Waggle dance** (movement in the hoop): 8 counts
- **Busy bees** (travel): 8 counts
- **Landing time** (around the hoop): 8 counts

Secret Garden

Welcome to the circus!

The Rainforest

- Some trees in Tasmania's rainforests can live for 2,000 years
- A quarter of ingredients in modern medicines come from rainforest plants.
- The Amazon rainforest in South America is so big that if it were a country, it would be the 9th biggest in the world.
- The forest floor is almost totally in darkness; only 2% of the sunlight reaches through the canopy.
- The canopy area of the rainforest can reach 40m high and some trees grow above the canopy to 80m!

JACK FROST

- Start position, 8 counts
- Leaping actions 16 counts
- Set phrase on the spot 8 counts
- Own movement with the scarf 8 counts
- Finishing position 8 counts

Ladder Knowledge



Actions:

Placing actions in a particular order will help you to tell the story of your dance.

Dynamics:

You can change the way you perform actions to show an idea.

Space:

You can use different directions, pathways and levels in your dance.

Relationships:

Use counts of 8. It will help you to stay in time with your partner and the music.

Performance:

Use facial expressions it will help to show the mood of your dance.

Movement Skills

- actions
- dynamics
- space
- relationships

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

Social
Emotional
Thinking

respect, collaboration, work safely, communication

independence, confidence, perseverance, determination

provide feedback, comprehension, reflection, observation, creativity

Strategies

Keep practicing your dance. It will get better everytime.

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

Key Vocabulary



action	expression	
counts	level	perform
create	matching	speed
direction	mirroring	timing
dynamics	pathway	unison

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



This unit will help you to:

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

Newspaper Dance

What you need: 1 or more players, a sheet of newspaper per player, a music track, someone to press stop.

How to play:

- Each player begins standing on a large piece of newspaper.
- When the music plays move off the newspaper and dance around the space.
- When the music stops stand on the newspaper. Players are not allowed to touch the floor.
- When successful reduce the size of the newspaper by folding it.
- Keep playing until you cannot stand without going out of the boundary.



www.getset4education.co.uk

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



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