



# Knowledge Organiser

## Dance Year 4

### About this Unit

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

This dance is inspired by a spy!

Counts 1-4:  
Creep forwards lightly on your toes, looking from side to side.

Counts 5-8:  
Stand with your feet shoulder width apart, bend your knees. Transfer weight from left to right, turning your head from left to right. Repeat other side.

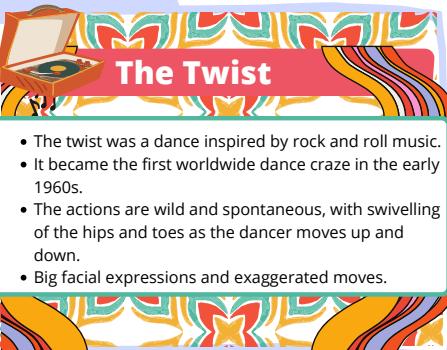
Counts 1-4:  
Step whilst turning, travelling sideways to the left.

Counts 5 and 6:  
Kick your right foot round in a circle.

Counts 7 and 8:  
Run backwards quickly.

#### The Spy Set Phrase

States of Matter				
	actions	dynamics	space	relationships
solid	kick lunge	strongly	same level	unison
	stamp step slide	heavily robotically	straight pathways	side by side in contact matching
liquid	slide wave	smoothly fluidly	curved pathways	some performers in contact
	twist ripple	gently	varied directions	canon
gas	extend	gracefully		
	spin leap	smoothly	varied directions	random timing
	roll jump	gently	pathways levels	not in contact spaced
	kick	fluidly		



- The twist was a dance inspired by rock and roll music.
- It became the first worldwide dance craze in the early 1960s.
- The actions are wild and spontaneous, with swivelling of the hips and toes as the dancer moves up and down.
- Big facial expressions and exaggerated moves.



### Key Vocabulary

**action:** the movement a performer uses e.g. travel, jump, kick

**action and reaction:** one movement has an effect on another movement e.g. push/pull, up/down, forward/backward

**canon:** when performers complete the same action one after the other

**dynamics:** how an action is performed e.g. quickly, slowly, gently

**expression:** actions or gestures used to share thoughts or feelings

**flow:** actions that move from one to another easily

**formation:** where performers are in the space in relation to others

**match:** to perform the same action as someone else

**mirror:** reflecting the movements of another person as if they are a reflection

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**order:** the sequence of actions

**performance:** the complete sequence of actions

**phrase:** a short sequence of linked movements

**relationship:** the ways in which dancers interact; the connections between dancers

**represent:** to stand for something

**rhythm:** a strong, regular repeated pattern of movement

**space:** the 'where' of movement such as levels, directions, pathways, shapes

**structure:** the way in which a dance is ordered or organised

**timing:** moving to the beat of the music

**unison:** two or more people performing the same movement at the same time

### Ladder Knowledge



#### Actions:

Some actions are better suited to a certain character, mood or idea than others. Think carefully about the actions you choose to help you show your dance idea.

#### Dynamics:

Some dynamics are better suited to a certain character, mood or idea than others. Think carefully about the dynamics you choose to help you show your dance idea.

#### Space:

Space can be used to express a certain character, mood or idea.

#### Relationships:

Some relationships are better suited to a certain character, mood or idea than others. Think carefully about the relationships you choose to help you show your dance idea.

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

#### Social

co-operation, communication, inclusion, collaboration

#### Emotional

confidence, empathy, determination

#### Thinking

observe and provide feedback, select and apply skills, creativity, comprehension

### Movement Skills

- actions
- dynamics
- space
- relationships

### Strategies

Being aware of other performers in your group will help you to move in time. You can select from a range of dance techniques to help translate your dance idea such as actions, space, dynamics and relationships.

### Healthy Participation



You should be bare foot for dance.

Ensure you always work in your own safe space when working independently.



Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

### Home Learning

#### Family Fun Dance



##### How to play:

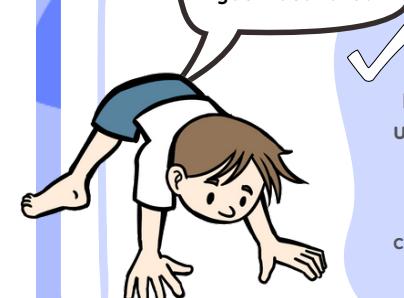
- Think of the typical gestures and movements some of your family members do all of the time.
- Decide on two or more typical movements for each person.
- Link these into a dance performance and add some music to your dance.
- Perform to your family.
- If you have a brother or sister, you could create the dance with them about your parents.

You could even use your pets for ideas.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

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



How will this unit help your body?

Balance, co-ordination, flexibility.

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



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