

PHYSICAL EDUCATION KNOWLEDGE ORGANISER

Year 1 Dance activities – Toys

I will learn...

HANDS

different ways to travel, turn and jump.
 how to tell a story and show feelings/emotions using my body and not my voice.
 how to create a 'photograph' by holding my body still in particular shapes.
 how to control my body when moving at different speeds.
 that I can move and hold shapes still on different levels (high, medium & low).
 how I can dance as if I am different types of toys.

HEAD

what a motif is.
 to plan simple motifs on my own and choose suitable actions in each motif for different toys.
 to think about and decide which gestures best suit each toy.
 how to describe if an action was good.

HEART

to be safe at all times and follow instructions.
 to work on my own whilst sharing space with others.
 to listen to others when they are talking and watch them if they are performing to the class.
 why we warm up at the start of a lesson and why we need to stay healthy.
 to be more confident about my ability.
 to be determined to do my best & that it's OK to ask for help.

Key questions: What are the basic actions used in dance?
 How can you show how you are feeling when you dance? Why will toys move differently to us? What is a motif? What shapes were easy and what were difficult to perform? How should you perform to an audience? What was good about a performance?

Key vocabulary:

Basic actions – used by a dancer: travel, turn, jump, gesture, stillness, direction, pathways & levels

Motif – a short section of dance. Motifs can be joined together to create a longer dance.

Travel – moving from one place to the other in different ways and directions.

Gesture – telling a story or showing feelings whilst performing without using words.

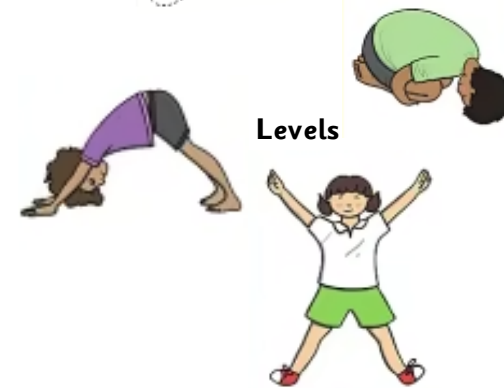
Pathway – the invisible trail left by a dancer when they move from one spot to another.

Levels – Shapes, linking moves and travel actions can be performed with the body on low, medium and high levels.

Photograph – a shape made by the body and held still that shows a character performing an action or expressing an emotion as if a camera captured the action / emotion.

Healthy – when the body or mind are in good condition and complete well-being.

Warm-up – prepare the body for exercise with gentle actions and stretching.



Robot



Jewellery box character



String puppet

Play doh shapes

