

# PHYSICAL EDUCATION KNOWLEDGE ORGANISER

## Year 3 Dance activities – Circus

### I will learn...

#### HANDS

to perform a variety of different actions at varying speeds & levels and adapt them to suit different motifs to create a longer dance performance.  
to practise & perform actions of travel, turn, jump, gesture, stillness and try to use them in different directions & levels.  
to use unison & cannon when working with others.  
how to improvise when working with others to create simple motifs.  
to practise dancing with some rhythm.  
to experience using scarves as props and benches/mats as equipment to enhance the circus topic.  
to perform as different circus performers independently and with others.

#### HEAD

to use knowledge about the circus from videos and photographs, as well as my own personal knowledge in my performances.  
to talk to others about the skills performed by circus artistes.  
to plan and remember motifs to be performed on my own and with others.  
to think about and decide which gestures will be best to use as different performers from the circus.  
to talk about how an action could be improved using dance vocabulary.

#### HEART

to be safe at all times and follow instructions.  
how to work on my own and with others whilst sharing space safely.  
to compare my own performance with others.  
to listen to others opinions when planning in a group.  
to try to explain the importance of a warm up at the start of a lesson and understand how to stay healthy.  
to be positive about my ability & be determined when challenged with more complex skills.  
to describe the basic effects of exercise on my body.

**Key questions:** What do you know about the circus? What actions does the tightrope walker use? What skills do good jugglers need? How can you work with a partner? How do clowns make their actions funny? What skills do clowns use? How can you use props safely and effectively?

#### Key vocabulary:

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

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

**Expression** – the way a dancer uses movements, facial expressions and body language to show emotions.

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

**Hand-eye co-ordination** – perform skills that require eyes and hands to be used at the same time.

**Unison** – when dancers in a group perform the same actions at the same time.

**Cannon** – when dancers in a group perform actions one after the other.

**Control** – Actions can be started and stopped, shapes can be held still and directions travelled in can be changed efficiently.

**Exercise** – activity using the body that maintains or improves fitness.

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

Circus ring



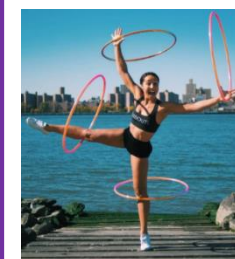
Tightrope walker



Juggling



Clowns



Hula hoop skills



Acrobatic skills



Baton skills