



KS1 PE Knowledge Organiser Year 1 Spring 2 Dance — Heroes

What I will learn (sticky knowledge)

I can control my body to perform movements.

I can create a sequence of movements.

I can link movements to sounds and music.

I can demonstrate fairness and empathy as I work with others.

What I should already know

I can dance, and experiment with ways of changing them.

I can represent my own ideas, thoughts and feelings through music and dance.

What I will learn next

I can copy and explore basic movements with clear control.

I can move my body into a variety of levels and speed in sequence

I can vary the size of my body shapes

I can add change of direction to a sequence

I can use space well and negotiates space clearly.

I can describe a short dance using appropriate vocabulary.

Key Vocabulary	Definition
Beat	The beat is the basic unit of time used to count the notes of the music or sound that a dancer is moving to. Dancers usually move on the beat (counts 1, 2, 3,
Moving	Using a variety of body parts to move around the space in a creative way.
Control	Moving our bodies in time with the music, beat or sound.
Sequence	A combination of controlled movements that have been added together in a particular
 Expression	The actions a dancer uses to make their characters thoughts or feelings known.

	Gratitude	Cur	iosity	Transition to Year 2
	g a motif with expression erisation and emotion	Flow: Linking movements together	Creating movements that repressure that repressure the sweets: Exploring expression	sent
Superheroes: Performing m		novements in sequence Exte	nding character performance	
Learning Journey	Fairness	Imagination	Courage	
	Character perform movements that re	•	Villains: Creating their own movements	Exploring relationships withit