

Year 7 Dance Knowledge Organiser – Term 1

Introduction to dance:

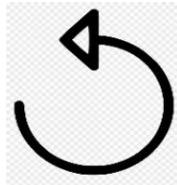
I will be able to....

- Learn a range of different basic **actions**
- Use different **actions** to develop endings and positions
- **Develop** the teacher taught phrase with the use of **actions** and space
- **Perform** in front of some kind of audience
- **Evaluate** my own and other students work

Actions – WHAT



Elevation



Turn



Balance



Travel



Gesture

Elements of Dance

Phrase – A group of movements put together to create a short sequence

Performance – To present a dance for an audience who watch for entertainment

Feedback – To give strengths and weaknesses about a performance in order for the improvement of the overall dance

Timing – How you are dancing to the music or each other. You can do this altogether at the same time or at different times.

Components of Dance

Actions – The movements the body makes. The basic dance actions are, jumping, turning, traveling, gesture, stillness/balance.

Dynamics – How you are doing the movement/action (quality/speed). Examples of dynamic words are, slow, fast, sharp and soft.

Space – Where you are dancing in the space. Examples of space are, levels, formations, pathways, direction and size

Relationships - Who you are dancing with and what you are doing. Examples of relationships are, unison, canon, action and reaction, mirroring and contact.