

Year 4 - PE Knowledge Organiser - Dance



Turns



We will learn how to:

- Use different ways of travelling to convey different characters.
- Travel using different levels and speeds.
- Create a sequence with travel, turn and gesture.
- Link movements with fluency and control.
- Evaluate own successes and suggest ways to improve.

Routines



Jumps



Different types of dance:
Hip-hop, ballet, tap, jazz, modern,
ballroom, jive, quickstep,
contemporary

Key Vocabulary

Control	To control movements and be aware of space when performing.
Fluency	Each move/action flows smoothly in the next.
Gesture	When you move a part of your body but don't use any weight e.g. head nod, shoulder shrug, finger click.
Levels	Height at which you are performing e.g. low (close to the ground), high (on tip toes)
Sequence	Linking together multiple actions that can be repeated.
Space	Ensuring there is enough room to move/dance and perform.
Travel	Getting from point A to B using repeated movements
Turn	When you use your feet to turn your body e.g. in a circle, $\frac{1}{4}$ turn or $\frac{1}{2}$ turn.

Famous dancers:
Fred Astaire (1899 - 1987)



Diversity



Darcey Bussell

