

Westacre Middle School PE Knowledge Web: Dance

Skill Acquisition

Dance skills

Motifs can be created through the use of 5 basic actions:

1	TRAVELLING Includes stepping, transferring body weight and sliding.	
2	JUMPING There are various ways of jumping: 2 feet to 2 feet, 2 feet to 1 foot etc.	
3	TURNS 1/4, 1/2, 1/3 or full turns. Turns can be performed as a jump.	
4	GESTURES A body movement that portrays a concept or mood.	
5	STILLNESS A motionless pose during the dance sequence.	



Motif: A single movement or short phrase of movement which expresses the style or the theme of the dance.

Phase: Motifs build together to create a phase.

Choreography: The process of creating a whole dance.

Teamwork and Leadership



Positions and groupings:

Solo: Dancing on your own.

Duet: Dancing in time with a partner.

Trio: Dancing as a group of three.



Unison: Two or more dancers performing the same movement at the same time.

Canon: Dancers take it in turns to perform a movement that is then identically copied.



Dance is all about communicating actions and emotions through how we perform. Dance can be used as a vehicle for expression. It can help tell a story, convey feelings and emotions, and connect with others and with ourselves. Body movement can be expressive and communicative. It can be used as a means of self-expression where words are not necessary – the body does all the talking!

Performance Analysis



Dance terminology

Posture—The way the body is held.

Alignment—Correct placement of body parts in relation to each other.

Extension—Lengthening one or more muscles/limbs.

Isolation—An independent body movement of part of the body.

Projection—The energy the dancer uses to connect with and draw in the audience.



Good Posture



Feedback

Success in dance is all about quality and control. Quality is about making sure that your actions and movements look clear and confident. Good posture helps this.



Control is when you hold your positions carefully. Tense your muscles to help control your movements and balances.



Self-reflection

Can you remember the moves for your dance?

Can you perform them with confidence?

Healthy Active Lifestyle



Inspirational people

Diversity: A British street dance troupe formed in 2007 and based in London. They are best known for winning the third series of *Britain's Got Talent* in 2009.



A British television dance contest in which celebrities partner with professional dancers to compete in mainly ballroom and Latin dance.

Components of Fitness:

Balance – Being able to keep a stable body (without wobbling or falling) over a base of support.

Speed – To create a dynamic performance, plan a variety of speeds in your movements.

Co-ordination – Dance is all about coordinating your whole body to create movement by yourself and as a group.

Aerobic Endurance – Dances last around 3 minutes—can you keep going for that long?

Muscular Endurance – To create different movements, ensure your muscles have been fully stretched in the warm-up.



Exercise

Year 5

Demonstrate precision and some control in response to stimuli.

Demonstrate rhythm and spatial awareness.

Use simple dance vocabulary to compare and improve work.

Year 6

Begin to exaggerate dance movements and motifs (using expression when moving).

Combine flexibility, techniques and movements to create a fluent sequence.

Move appropriately and with the required style in relation to the stimulus

Year 7

Demonstrate a strong imagination when creating own dance sequences and motifs.

Improvise with confidence, still demonstrating fluency across the sequence.

Dance with fluency, linking all movements and ensuring they flow.