

# PHYSICAL EDUCATION KNOWLEDGE ORGANISER

## Year 3 Dance activities – Water

### I will learn...

<b>HANDS</b> 
<p>how to perform actions of travel, turn and jump, gesture, stillness in different directions on varying levels and speeds, depending on the precise water theme of each motif.</p> <p>to perform simple motifs on my own, with a partner and in larger groups.</p> <p>how to effectively use unison and cannon when working with others.</p> <p>how to travel when maintaining a body shape and travel when constantly changing body shapes.</p> <p>to use large floor areas to create the feeling of large, open spaces.</p> <p>to move fluidly with control to represent the different forms of water.</p>
<b>HEAD</b> 
<p>to use my knowledge about water from science and geography lessons.</p> <p>to talk to others about my knowledge of water and its different forms.</p> <p>to plan and remember motifs to be performed on my own and with others.</p> <p>to think about and decide which gestures will be best to use in response to the different forms of water.</p> <p>to think and talk about how an action could be improved using simple dance vocabulary.</p>
<b>HEART</b> 
<p>to be safe at all times and follow instructions.</p> <p>how to work on my own and with others whilst sharing space safely.</p> <p>to start to compare my own performance with others.</p> <p>to listen to others opinions when planning in a group.</p> <p>to try to explain the importance of a warm up at the start of a lesson and understand how to stay healthy.</p> <p>to be positive about my ability.</p> <p>to recognise and describe the basic effects of exercise on my body.</p>

**Key questions:** What are the basic actions? What do you know about rivers? What types of pathways do rivers travel on? What are dynamics? How can you perform same actions at different speeds? What did you do with your face to show emotions? What is a motif? What is the secret about snowflakes? How can you work in cannon? Which is harder: cannon or unison? Why? How does your chosen sea creature move differently to you?

**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.

**Dynamics** – how actions are performed and changed to being performed in a different way. E.g. changes in speed, direction, level, atmosphere, mood etc.

**Evaluate** – Receive or give feedback to self / others that makes a judgement on the strengths and weaknesses of a performance.

**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.

Calm river



Fierce, raging river



Meander



Snow



Rain



Sea creatures

