



Objectives and Sticky Knowledge

Prior Knowledge Recap:

- It is important to throw and catch accurately with one hand- specifically using underarm and overarm throw
- You need to vary tactics and adapt skills depending on what is happening in a game
- Choose and adapt your techniques to keep possession and give their team a chance to shoot

Land Objectives and Sticky Knowledge:

<p>Compose own dances in a creative way</p>	<p>Dance shows clarity, fluency, accuracy and consistency</p>	<p>Pick up on something a partner does well and also on something that can be improved</p>
<p>Identify key elements of given decades. Link and sequence movements effectively for given time period.</p>	<p>Extend limbs and muscles correctly to create shape and movement. Identify the pulse and rhythm of the music and sequence effectively.</p>	<p>Know WAGOLL and be able to identify success. Identify EBIs and explain how these can be improved.</p>

Links with 'Stewardship and Sustainability' Golden Thread:

Links with CST and CKA Values Crown:

Year 6 Lent 1 Knowledge Organiser

Key Vocabulary

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adapt	To change a dance slightly while still keeping the main styling elements.
craze	Something that is very popular for a period of time.
decade	A period of ten years.
disco	One of the significant dance styles of the seventies. It is characterised by rhythmic steps, pointed fingers and sideways hip movements.
hip-hop	One of the significant dance styles of the 80s. It is characterised by breakdancing, stylised footwork and body-popping and locking.

Key Vocabulary	
origin	The point at which something begins.
pop	One of the significant music and dance styles of the 90s. It is characterised by dancing in unison and having actions that tell the story of the lyrics.
routine	A sequence of movements that make up part of, or a full dance.
social media	Websites or apps that allow users to share content and to make social connections.
style	The style of a dance is shown through the key movements that are seen in the dance.

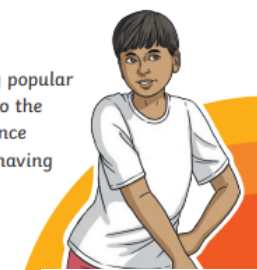
The Twist

One key dance style from the 1960s was The Twist. Dancers stand with their feet shoulder-width apart. They hold their arms out from their body, bending them at the elbow. Dancers balance on the balls of their feet, twisting back and forth. Dancers can adapt the basic movement to make it their own, adding a leg lift, twisting up and down or leaning forwards and backwards.



The Point Move

Disco is a genre of music and dance that became very popular in the 1970s. Disco dancers match their movements to the beat of the music. Characteristic elements of disco dance include stepping forwards, backwards or to the side, having pointed fingers and using sideways hip movements. The Point Move is an iconic disco dance move. The dancer points their finger up in the air and moves it diagonally down across their body, while moving their hips from side to side.



Hip-Hop

80s hip-hop social dances were created when hip-hop artists began releasing songs that had specific accompanying dances. These dances were very popular and easily recognisable, and were ideal for performing at parties. Some well-known hip-hop social dances from the 80s include the Cabbage Patch and the Running Man. In the Cabbage Patch dance, the dancer moves their arms round in a circle, parallel to the ground, while also moving their hips round.



Routines in Unison

Many dances in the 90s, 2000s and 2010s featured groups of dancers performing routines in unison. Dancing in unison means the dancers perform the same movements at exactly the same time. In the 90s, many pop groups danced in unison when performing their dance routines. Several of the dance crazes of the 2000s featured performers dancing in unison, as did many social media viral dances. Dances performed in unison are often catchy and easy for groups of friends to pick up quickly.



Sky Objectives:

1. Can identify the correct technique for a sporting movement.
2. Can congratulate the opposing team when defeated in an activity.
3. Can describe what happens to our heart rate when exercising and how this effects our pulse.