Year 1 PE – Dance Knowledge Organiser   Golden Thread: Sustainability and Stewardship

Objectives and Sticky Knowledge

Previous Knowledge Recap:
*Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
*Negotiate space and obstacles safely, with considerations for themselves and others.
*Demonstrate strength, balance and coordination when playing.
*Moves energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Land Objectives and Sticky Knowledge:

Perform own dance moves.	Copy or make up a short dance	Move safely in a space
To copy some new dance moves correctly To build up and understand how to perform some basic dance steps	To practice performing one dance move straight after another To link together multiple dance steps in a row to create a short dance To remember a specific order of dance steps	To find a good space To move in different ways around an area with good spatial awareness

Links with 'Sustainability & Stewardship' Golden Thread:
Performances to share with our school community

Links with CST:
- Human dignity – everyone is special
- Participation – taking part

Links with CKA Values Crown:
- Respect, love

Year 1 PE – Dance Knowledge Organiser   Golden Thread: Sustainability and Stewardship

Key Vocabulary / Definition

Travel	To make a journey, typically of some length
Jump	To push off a surface and into the air by using the muscles in legs and feet
Gesture	A movement of part of the body to express an idea or meaning
Expression	The action of making known one's thoughts or feelings
Co-ordination	The organisation of the different elements of an activity to enable them to work together effectively
Sequence	A sequence of moves
Control	A way of limiting or regulating actions

Sky objectives:

1. Can identify the ABC's to a sporting movement.

2. Can take turns without any problems during an activity.

3. Can identify some effects of exercise on the body.