



## KEY KNOWLEDGE

During this half-term, you will develop skills and techniques in Dance. You will be developing core and advanced skills, building towards your assessment in the 'range of skills' (AF1), and 'quality of skills' (AF2). You will also be assessed throughout the year in 'physical and psychological attributes' (AF3), 'skill application' (AF4), and 'leadership skills' (AF5). The skills you'll develop will transfer to GCSE PE and Sport Studies courses offered at KS4.

**Y7  
Autumn 1  
Dance**

## Control, Accuracy and Fluency

You will be assessed on how well (quality) you can perform the key skills, considering **control**, **accuracy** and **fluency**.

Try to describe what **control**, **accuracy** and **fluency** look like for each skill.

## 5 minute Challenge

1. Create and perform with three soft movements.
2. Create and perform with three three sharp movements.
3. What is dynamics?
4. Perform different turns
5. Name three different leaps.

## KEY VOCAB

Key Skills			
Core skills	Range	Advanced skills	Range
	Relationships: Canon		
	Relationships: Unison		
	Relationships: Mirroring	Dynamics: Speed	
	Actions: Jump/leap	Dynamics: Fluency	
	Actions: Turn		
		Musicality/timing	
		Energy: varied within a routine	
	Actions: Travel/step patterns		
	Dynamics: Levels		
	Dynamics: Sharp	Performance: Flair	
	Dynamics: Soft	Performance: Confidence	
	Space		
	Space (in a group): formation		
	Posture		
	Tension		

## Physical Education

SPEAK  
READ  
ARTICULATE  
**THINK**  
QUESTION  
WRITE  
SPELL



## LINKS FOR FURTHER RESEARCH

Leaping:

[https://www.youtube.com/watch?v=EGIU79WJ6Dg&list=RDEGIU79WJ6Dg&start\\_radio=1](https://www.youtube.com/watch?v=EGIU79WJ6Dg&list=RDEGIU79WJ6Dg&start_radio=1)

Turning:

[https://www.youtube.com/watch?v=xg\\_nXRHoqkE](https://www.youtube.com/watch?v=xg_nXRHoqkE)

Dynamics:

<https://www.youtube.com/watch?v=n2FRKFKHOU>

## BROADEN YOUR KNOWLEDGE

Lyrical Swing Folk Ballet  
TAP Disco **DANCE** Latin Acrobatic  
Jazz HIPHOP Line BALLROOM Salsa