



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.

Y8 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. Watch the video on formations. Note down the different formations.
2. What is the difference between canon and unison?
3. Create a 8 count routine with a leap, turn and travel step.
4. How do we get good posture?
5. Practice three different leaps.



KEY VOCAB

Key Skills	
Range	Range
Relationships: Canon	Relationships: Contact work
Relationships: Unison	Relationships: Lifts
Relationships: Mirroring	Dynamics: Speed
Actions: Jump/leap	Dynamics: Fluency
Actions: Turn	Fragmenting
Actions: Gesture	Musicality/timing
Actions: Pause/balances	Energy: varied within a routine
Actions: Travel/step patterns	Choreography: Flair
Dynamics: Levels	Choreography: Originality
Dynamics: Sharp	Performance: Flair
Dynamics: Soft	Performance: Confidence
Space	
Space (in a group): formation	
Posture	
Tension	

Core skills

Advanced skills

Physical Education

SPEAK
READ
ARTICULATE
THINK
QUESTION
WRITE
SPELL



LINKS FOR FURTHER RESEARCH

Canon:

<https://www.youtube.com/watch?v=9pAU6j8LZ2U>

Formations:

<https://www.youtube.com/watch?v=Z14aF7jOuwQ>

Fragmenting:

<https://www.youtube.com/watch?v=1OrwpbsJ4qk>

BROADEN YOUR KNOWLEDGE

Dance formations

