

Y7 Autumn 1 Dance

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.

Control, Accuracy and Fluency

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

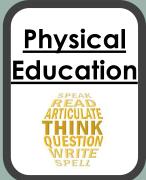
Try to describe what **control**, **accuracy** and **fluency** look like for each skill.

5 minute Challenge

- Create and perform with three soft movements.
- 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					
	Range		Range		
Core skills	Relationships: Canon Relationships: Unison		Advanced skills		
	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				





Leaping:

https://www.youtube.com/watch?v=EGIU79WJ6Dg&list=RDEGIU79WJ6Dg&start radio=1

Turning:

https://www.youtube.com/watch?v=xg nXRHoqkE

Dynamics:

https://www.youtube.com/watch?v=n2FRKFCKHOU

BROADEN YOUR KNOWLEDGE

