

Y8 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.

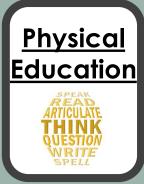
Try to describe what **control**, **accuracy** and **fluency** look like for each skill.

5 minute Challenge

- Watch the video on formations. Note down the different formations.
- 2. What is the difference between canon and unison?
- 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	
Core skills	Relationships: Canon Relationships: Unison		Advanced skills	Relationships: Contact work 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 Performance: Flair
	Dynamics: Sharp			Performance: Flair Performance: Confidence
	Dynamics: Soft			репогмансе: Confidence
	Space (in a group):			
	formation Posture			
	Tension			





Cannon:

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

