

Martial Arts Dance Knowledge Organiser - Yr 6

Prior Learning: In year 5, children continued to master their dance skills and create/choreograph their own dances bringing in key movements unison, canon, levels, space, pathways and direction. They began to refine their dance movements and attempted to perform with precision, control and fluency.

Key Skills

Physical Me:

Co-ordination	Skip
Balance	Gallop
Agility	Jump
Strength	Hop
Power	Speed
Flexibility	Control

Thinking Me

- Evaluate and improve my dancing

Value Me:

- Patience
- Courage
- Creativity

Healthy Me:

- Warm ups
- Pulse raiser
- Cool down

Social Me

- Co-operate with others
- Respect others performing

Key Vocabulary

Transition

Strength

Evaluate

Formations

Expression

Fluency

Space

Evaluate

Key Knowledge

Transition - is a movement, passage, or change from one position to another.

Formation- How you arrange your group e.g. straight line, circle, facing each other etc

Space- How you use the space around you e.g: low, middle and high movements, the shapes you make in space and how you move through the space.
- It is also how you dance with others in the space: e.g. are you close to someone or how far apart you are



Topic Vocabulary

Martial Arts

Capoeira

Strikes

Punches

Kicks

Exercise

Boxing

Self defence