



## Knowledge Organiser P.E Year 4 Dance

### Key Vocabulary

Travel	To move across a space using your feet and body.
Expression	Conveying specific emotions through facial expressions.
Stimulus	An influence that promotes a reaction.
Pattern	Repeated movements.
Beat	Used to measure an amount of time during a dance.
Stretch	Extending your body as much as possible.
Gestures	Moving a specific part of your body to convey an character or emotion.
Warm up	Performing specific exercise to prepare for physical exercise.
Cool down	Low impact or slow exercises to return your heart beat and body temperature back to it's normal level.

### Key knowledge

1. To evaluate and improve your own performance.
2. To evaluate and add suggest for improvement to others performances.
3. Use appropriate vocabulary to suggest improvements.
4. To recognise that health and fitness is integral to dance performances.
5. To understand why we need to include warm up activities before starting to exercise.
6. To understand why we need to include cool down activities after we exercise.
7. To identify appropriate activities to include into our warm up and cool down routines.

### Our stimulus:

The book 'Giraffes Can't Dance' is our stimulus for our dance unit in P.E. We will use this story written by Giles Andreae, to influence our final performance by practicing stretching movements and gestures to convey Gerald the giraffe reaching for leaves. We will also include travelling in a wobbly movement and curling down to show how Gerald falls over due to his long legs.

