



## Y7 Dance Knowledge Organiser



### 5 Dance action words

**Travel:** Moving from one place to another (e.g., walking, running, sliding, rolling).

**Turn:** Rotating the body (e.g., pivot, spin, pirouette).

**Jump:** Propelling the body into the air (e.g., hop, leap, skip, spring).

**Gesture:** A movement of a part of the body, especially a hand or the head, to express an idea or meaning (e.g., pointing, waving, shrugging).

**Pause:** A moment of stillness or suspension in movement.



### Space

**Personal Space (Kinesphere):** The space immediately surrounding your body.

**General Space:** The entire area available for movement.

**Formations:** The arrangement of dancers in space (e.g., lines, circles, groups).



### Timing

**Canon:** A choreographic device where dancers perform the same movement sequence one after another.

**Unison:** Dancers perform the same movement sequence simultaneously.

**Beat:** This is the steady regular pulse that you feel and it tells you if the music is fast or slow.

**Timing:** in dance is all about hitting your moves *exactly* when the music tells you to. It's about counting the beats (1, 2, 3, 4...) and making sure your steps happen on the right numbers. Good timing makes your dancing look clean, sharp, and perfectly matched to the music.

### Rules / Safety

- 1) We ask all of our dancers to remove their socks and trainers for their dance lessons. Dancing in bare feet improves balance, muscle definition, posture and alignment.