

KS3 Dance Knowledge Organiser – Performance

To be used in conjunction with your Dance keywords

Technical skills, including:

- action content
- dynamic content
- relationship content
- timing content
- rhythmic content
- movement in a stylistically accurate way

Expressive skills, including:

- projection
 - focus
 - spatial awareness
 - facial expression
 - phrasing.
- For duet/trio performance only:
- musicality
 - sensitivity to other dancers
 - communication of choreographic intent, including mood(s), meaning(s), idea(s), theme(s) and/or style/style fusion(s)

Mental skills and attributes including:

During Performance

- movement memory
- commitment
- concentration
- confidence

Process

- systematic repetition
- mental rehearsal
- rehearsal discipline
- planning of rehearsal
- response to feedback
- capacity to improve

Physical skills and attributes:

- posture
- alignment
- balance
- coordination
- control
- flexibility
- mobility
- strength
- stamina
- extension
- isolation

Cooling down: Reasons to cool down:

- Prepares body for stopping exercise
- Decreases injury or muscle soreness
- Lowers heart rate

Stages of cool down:

- Gentle stretches
- Breathing exercises

Warm Up: Reasons to warm up:

- Prepares body for exercise
- Increases blood flow which warms muscles
- Prepares mind for exercise
- To prevent injury

Stages of warm up:

- Pulse raising: jogging, jumping, star jumps etc
- Stretching: moving or static stretches
- Mobilising: moving of joints, shoulder/head/ankle rolls etc
- Technique/Conditioning: specific exercises to enhance physical skills

Safe Execution

- Dancers need to ensure they safely execute the actions; physical skills can help with safe execution.
- Bending the knees (plié) when elevating, landing, lifting or catching another dancer.
- Bending the knees to lower the centre of gravity to the floor when performing floor work.
- Using the hands to support the weight of the body when moving into the floor to prevent bottom or knee injuries.
- Ensuring the arms and legs are correctly aligned so that muscles are not strained at the joints.
- Ensuring the knees move over the toes when bending to prevent twisting in the knee.
- Turning out from the hip rather than the knee to prevent knee injury.
- Rolling through the feet when landing to prevent Achilles injuries.

Dance Knowledge Organiser: KS3 Performance

| | Question | Answer |
|----|---|---|
| 1 | Why is a warm up important? | <ul style="list-style-type: none"> • Mental preparation • Prevents injury • Increases the blood flow which warms muscles |
| 2 | Why is a cool down important? | <ul style="list-style-type: none"> • Lowers heart rate • Decreases injury soreness • Prepares the body for stopping |
| 3 | Describe an appropriate warm up exercise | Walking into faster walking, into jogging, into fast runs, touching the floor, jump in the air, star jumps... building gradually. |
| 4 | Describe an appropriate cool down | Rolling down the spine slowly, walking out on hands, stretching lower back, tucking toes under and rolling back up through the spine into a rise, taking arms above the head and balancing, repeat 4 times. |
| 5 | Define: Posture | The way in which you position your body or arrange your limbs. |
| 6 | Name 5 physical skills | <ul style="list-style-type: none"> • Isolation • Stamina • Control • Balance • Mobility |
| 7 | What is systematic repetition? | Systematic repetition is repeating something in an arranged or ordered way. |
| 8 | What is mobility? | Mobility is the range of movement in a joint; the ability to move fluently from action to action. |
| 9 | What do we mean by dynamic? | Dynamics are qualities we use when moving based upon variations in speed, strength and flow. Dynamics give choreographies contrast and provoke interest for an audience. |
| 10 | Why is it important to use expressive skills when performing? | To ensure we communicate the intention behind the dance to the audience. |