

Year 7 Dance – Knowledge Organiser

This knowledge organiser contains the key terminology and concepts students need to know for the Year 7 Introduction to Dance unit.

Key Vocabulary

Category	Key Terms
Body Actions	Elevation, Travel, Turn, Gesture, Stillness, Floor Work, Transfer of Weight, Use of Different Body Parts
Spatial Components	Levels, Pathways, Size, Facings, Direction, Spatial Design, Spatial Pattern
Dynamics	Speed, Strength, Flow (e.g. fast, slow, heavy, light, continuous, robotic)
Relationships	Lead and Follow, Mirroring, Action and Reaction, Accumulation, Complementary, Contrast, Counterpoint, Contact, Formations

BODY ACTIONS – What a dancer does



- Elevation – Leap, hop, jump, rise
- Travel – Walk, run, leap, turn
- Turn – Rotation, half turn, full turn, pirouette
- Gesture – Movement with no weight
- Stillness – Pause or held shape
- Floor Work – Roll, balance
- Transfer of Weight – Shift, pivot
- Use of Different Body Parts – Arms, legs, head, etc.

SPATIAL COMPONENTS – The ‘where’ of movement

- Pathways – Circular, straight, curved, zigzag, diagonal
- Levels – High, medium, low
- Facings – Front, back, left, right
- Directions – Forward, backward, sideways
- Size – Big or small
- Spatial Design – How space is arranged or used
- Spatial Pattern – Repeated design in space



DYNAMICS – ‘How’ a movement is performed



Refers to speed, strength and flow.

Examples:

- Speed: Fast / Slow
- Strength: Heavy / Light
- Flow: Smooth / Jagged / Robotic / Energetic

RELATIONSHIPS – Who you dance with and how

- Lead and Follow – One dancer leads, others follow
- Mirroring – Copying in reverse like a reflection
- Action and Reaction – One moves, the other responds
- Accumulation – Dancers join movement at different times
- Formations – Patterns created in space by dancers
- Complementary – Similar but not identical
- Contrast – Completely different movement
- Counterpoint – Different phrases performed simultaneously
- Contact – Physical touch (non-lifting)

