



Selby Community Primary School Subject Knowledge bank

| PE - Dance | | Year 4 | |
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| Street dance | Street dance is a broad term for lots of dance styles including: locking, popping, house | Flexibility | Flexibility is being able to stretch and bend our body. |
| Rhythm | A repeated pattern of movement or sound in music. | Groove | A groove is a series of movements you can do, dancing to the beat of music. |
| Spatial awareness | Being aware of what is in the space around us and of our body movements. | Expression | Performing with feeling and artistry |
| Style | Style is performing with attitude and with specific elements from the type of dance genre | Choreography | A sequence of steps and dance moves that is learnt before we perform. |
| Freeze | When we hold a position completely still for a period of time | Levels | Performing at different heights, floor work, jumps etc. |
| Counts | Counts are what we learn our choreography to before we put it to music. | | |

| Key Knowledge | |
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| <ul style="list-style-type: none"> ● Dance helps increase fitness, flexibility, balance and coordination. ● Dance is a way for people to express themselves. ● Street Dance is unique in the range of styles it covers and its suitability to young people of all ages. It follows a choreographed routine. ● You can add your own ideas into a Street Dance. ● Street dance can be just for fun, exercise or to perform to an audience. ● A performed routine to an audience should be full of energy and attitude using a range of speeds of music - including faster tempos of music. | <div style="background-color: #e91e63; color: white; padding: 5px; font-weight: bold;">Key Skills</div> <ul style="list-style-type: none"> - Performing dances to counts. <div style="display: flex; justify-content: center; gap: 20px; margin-top: 5px;"> 1 2 </div> <div style="display: flex; justify-content: center; gap: 20px; margin-top: 5px;"> 3 4 </div> - Holding our balance. <div style="text-align: center; margin-top: 10px;">  </div> - Understanding street dance. <div style="text-align: center; margin-top: 10px;">  </div> |