

## Selby Community Primary School Subject Knowledge bank

PE		Year 3	
Focus: Dance			
Age related PE vocabulary			
<b>Agility</b>	Requires the ability to move and change focus quickly and easily.	<b>Dynamics</b>	How a movement is performed.
<b>Sequence</b>	A particular order in which related things follow each other.	<b>To set pace</b>	To set the speed, level of skill or standard of quality that everyone else will or should try to follow.



### **Key knowledge:**

- There are many different types of dances that people perform all over the world.
- Dance is the movement of the body.
- Agility exercises are important because they improve flexibility, balance and control.
- Dances consists of a range of controlled movements and patterns to create a sequenced routine.
- Setting pace is important so that everyone can follow the speed and skill of the routine.
- Actions and movements can be copied and created in response to different ideas.
- Different types of dances influence the dynamics of a routine.