



Year 1 Knowledge Mat – Dance

Subject Specific Vocabulary		Information	Important Knowledge
unison	When two or more dancers perform the same movement at the same time.	 	<input type="checkbox"/> I can use space safely. <input type="checkbox"/> I can confidently travel on my feet in different ways and recognise directions.
tempo	The speed in which you move.		<input type="checkbox"/> I can change direction with control. <input type="checkbox"/> I can vary the speed of my movements.
slow-motion	To repeat the same movement very slowly.		<input type="checkbox"/> I can show a variety of shapes using control of my body.
gesture	A movement of part of the body, especially a hand or head, to express an idea or meaning		<input type="checkbox"/> I can move using small and large body parts safely.
balance	Holding a position without falling over.		<input type="checkbox"/> I can walk, stride, hop and bounce on feet and hands and slide on different body parts.
space	Where you can't touch anything or anyone.		<input type="checkbox"/> I can safely jump, hop or bounce from one position to another.
travel	Moving from one area to another.		<input type="checkbox"/> I can jump from one foot to two feet and from one foot to the other foot whilst landing safely.
aware	Knowing what is around you.		<input type="checkbox"/> I can twist from two feet to two feet with control.
stimulus	An idea, story or concept that inspires the dance.		<input type="checkbox"/> I can link together different movements I have learnt under control.
link	Joining two skills together.		<input type="checkbox"/> I can perform these movements to music.