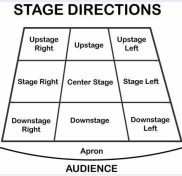


## 1. The Fundamentals of Dance

<b>Actions</b> <b>What you do</b>	Jump, gesture, turn, travel, balance, stillness, fall, roll, hop
<b>Space</b> <b>Where you dance</b>	 <p>Levels, pathways, size, stage directions (e.g stage left, stage right, centre stage) Zig zag pathway, linear pathway, circular pathway, meandering pathway.</p>
<b>Dynamics</b> <b>The quality / how you dance</b>	Smooth, jerky, sudden, heavy, fast, slow, rebounding, swinging, suspend, release
<b>Relationships</b> <b>How you dance with other dancers</b>	Mirroring, action and reaction, lead and follow, contact, group formations, having good spatial awareness
<b>Taking Part in a Dance Class</b>	<ol style="list-style-type: none"> <li>1. Warm up</li> <li>2. Learning a dance phrase</li> <li>3. Choreography / creative task</li> <li>4. Performance</li> <li>5. Cool down</li> </ol>

## 2. Dance is a Universal Language

<b>Capoeira</b> <b>Key Actions</b> <ul style="list-style-type: none"> <li>• <b>Ginga</b> - a rocking box step</li> <li>• <b>Capoeira kicks</b> - roundhouse and jab</li> <li>• <b>Cartwheels</b> - with bent knees</li> <li>• <b>Formation: roda</b> - in a circle</li> <li>• <b>Call and response</b></li> </ul>	<p>Capoeira is a <b>Brazilian martial art</b> that includes elements of dance, acrobatics, music and spirituality. <b>Capoeira</b> is believed to have been created in Brazil by <b>African slaves</b> wanting to develop their own <b>martial art</b>, in order to defend themselves against their captors. Capoeira was repeatedly <b>banned</b> by the authorities, so it was <b>disguised as a dance</b> by making it <b>graceful</b> and practicing to <b>music</b>.</p> 
<b>Kathak</b> <b>Key Actions</b> <ul style="list-style-type: none"> <li>• <b>Mudras</b> – hand gestures</li> <li>• <b>Tatkar</b> – foot rhythms</li> <li>• <b>Sufi</b> – spins on the heels</li> <li>• <b>Bols</b> – vocal chants</li> </ul>	<p>Kathak is one of eight major <b>Indian classical dance</b> forms. Its name derives from the Sanskrit word <b>katha</b> which means "<b>story</b>", and <b>kathakar</b> which means "<b>the one who tells a story</b>". Kathak dancers have to be very <b>expressive</b>, using their <b>hands and facial expressions</b> to guide the audience in understanding the story.</p> 
<b>African Dance</b> <b>Key Actions</b> <ul style="list-style-type: none"> <li>• Grounded foot rhythms</li> <li>• Body ripples</li> <li>• Jumps</li> <li>• <b>Fast foot rhythms</b></li> <li>• Swinging arms</li> <li>• Changing directions</li> </ul>	<p><b>African dance</b> refers to the various dance styles of <b>Sub-Saharan Africa</b>. These dances are closely connected with the traditional rhythms and music traditions of the region. Music and dancing is an integral part of many traditional African societies. Songs and dances facilitate teaching and promoting <b>social values</b>, celebrating special events and <b>major life milestones such as births, marriages, deaths</b></p> 

## Year 7 Dance Knowledge Organiser: Term 2

### Mental Skills

#### In rehearsals:

- Systematic repetition
- Mental rehearsal
- Rehearsal Discipline
- Planning of rehearsals
- Responding to feedback
- Having the capacity and willingness to improve

### Physical Skills

- Posture
- Alignment
- Balance
- Coordination
- Control
- Flexibility
- Mobility
- Strength
- Stamina

### Expressive Skills

- Projection
- Focus
- Spatial awareness
- Facial expressions
- Phrasing
- Musicality
- Sensitivity to other dancers
- To communicate the intention of the dance

#### Definition:

The skills your body needs to perform with control and make the dance look easy!

#### Characteristics:

**Strength, stamina, flexibility, control, posture, balance, co-ordination**

### Physical Skills

#### Examples:

"I needed to develop my physical skill of stamina as the dance was 30 minutes long and I started to lose strength and control"

#### Non-examples:

**Expressive skills, specific styles**

#### Definition:

The ability to express the meaning of the dance and communicate with the audience

#### Characteristics:

Facial expressions, musicality, focus, projection, communicating the meaning of the dance

### Expressive Skills

#### Examples:

"In order to show the audience the emotion of the dance, I needed to express sadness in my facial expressions".

#### Non-examples:

**Strength, stamina, timing**

## Year 7 Dance: Knowledge Organiser: Term 3

### Choreography:

## Developing a Motif from a Stimulus that has Musicality

### What is a MOTIF?

All great dances will have a motif that the audience recognises and remembers.

‘A motif is a phrase of movement that communicates the themes or style of a dance. The motif is repeated and developed throughout the dance, like the chorus of a song’

### What is a Stimulus?

The word stimulus comes from the term ‘stimulate’.  
The stimulus is the initial idea for a dance. It could be the music, a poem, and event, an emotion, art work or anything really!



### Motif Development

#### Devices to develop your motifs

Change the:

- Levels
- Speed
- Direction
- size
- Order
- Body part
- Dynamics
- Pathways
- Dancer numbers

### Musicality in Dance

#### Musicality Terms

- Accents
- Tempo
- Rhythm
- Tone
- Melody
- Volume