

Key Stage 3 Dance Knowledge Organiser



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Year 7 Dance Terminology	Year 8 Dance Terminology	Year 9 Dance Terminology
Warm up stages:	Warm up stages:	Warm up stages:
1. Pulse Raising Activity	Pulse Raising Activity	1. Pulse Raising Activity
2. Joint Mobility	2. Joint Mobility	2. Joint Mobility
3. Flexibility	3. Flexibility	3. Flexibility
4. Core Stability	4. Core Stability	4. Core Stability
Phrase: A sequence a linked dance actions	Phrase: A sequence a linked dance actions	Phrase: A sequence a linked dance actions
5 Basic Dance Actions:	The 5 Basic Dance Actions:	The 5 Basic Dance Actions:
1. Jump	1. Jump	1. Jump
2. Turn	2. Turn	2. Turn
3. Travel	3. Travel	3. Travel
4. Gesture	4. Gesture	4. Gesture
5. Balance	5. Balance	5. Balance
Choreographic Devices:	Choreographic Devices:	Choreographic Devices:
 Unison: Movements performed at the 	 Unison: Movements performed at the 	1. Unison: Movements performed at the
same time	same time	same time
2. Canon: When movements overlap in	2. Canon: When movements overlap in	2. Canon: When movements overlap in
time	time	time
Space & Pathways:	Space & Pathways:	Space & Pathways:
1. Formation: Shapes or patterns created in	1. Formation: Shapes or patterns created in	1. Formation: Shapes or patterns created in
space by dancers.	space by dancers.	space by dancers.
2. Pathways: Designs traced in space	Pathways: Designs traced in space	2. Pathways: Designs traced in space
Dynamics: How the movement is performed	Dynamics: How the movement is performed	Dynamics: How the movement is performed
based on variations in speed, strength and flow	based on variations in speed, strength and flow	based on variations in speed, strength and flow
Musical Key Features:	Musical Key Features:	Musical Key Features:
1. Singing	1. Singing	1. Singing
2. Dancing	2. Dancing	2. Dancing
3. Acting	3. Acting	3. Acting
Characterisation: Demonstrating character	Characterisation: Demonstrating character	Features of Production:
through body language and facial expression	through body language and facial expression	1. Lighting
Motif: A movement phrase encapsulating an idea	Motif: A movement phrase encapsulating an idea	2. Costume
that is repeated and developed throughout the	that is repeated and developed throughout the	3. Aural Setting (Sound)



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dance.

Rhythm: Repeated patterns of beats or sounds **Polyrhythm:** Multiple, different rhythms played at the same time.

dance.

Motif Development: Ways in which a movement phrase can be varied

- Addition
- Size
- Speed
- Direction
- Levels
- Dynamics
- Fragmentation
- Retrograde
- Instrumentation

- 4. Physical Setting
- 5. Movement

Characterisation: Demonstrating character through body language and facial expression **Motif:** A movement phrase encapsulating an idea that is repeated and developed throughout the dance.

Motif Development: Ways in which a movement phrase can be varied

- Addition
- Size
- Speed
- Direction
- Levels
- Dynamics
- Fragmentation
- Retrograde
- Instrumentation

Dance Relationships: The ways in which dancers interact; the connections between dancers.

Accumulation: When a dancer performs a series of movements and others join in at different times until all perform in unison.

Counterpoint: When dancers perform different phrases simultaneously.

Mirroring: Performing a dance phrase in a mirror image

Action Reaction: An action performed in a reaction to another

Physical Skills:

- 1. Mobility
- 2. Isolation

The 3-18 Education Trust	Key Stage 3 Dance Knowledge Organiser
	3. Control
	4. Strength
	5. Flexibility
	6. Alignment
	7. Balance
	8. Posture
	9. Extension
	10. Co-ordination
	11. Stamina
	Props: A physical item used on stage or in a
	performance