

# Year 7 Dance Knowledge Organiser

Action: Travel, Turn, Jump, Gesture, Stillness

Space: Levels, Direction, Patterns, Sized of Movement

Relationships: Mirroring, Contact, Formations

Dynamics: Fast, Slow, Sudden, Sustained

## Capoeira

Capoeira is a Brazilian Martial Arts form of Dance. It was used to disguise fighting in prisons and has been carried forwards for many years.

Ginga Roundhouse Kick Au (Cartwheel)

**Motif:** A phrase of Movement.

**Choreographic Devices:** Motif and Development

Choreographing Dance: When choreographing a dance, you should consider Actions/Space/Dynamics/Relationships.

How does it communicate your idea? How have you been creative in your movement?

## Safe Practice

Hair up/Jewellery removed/Bare feet/Correct kit/ Hydration.

Feedback = What went well and Even Better If (WWW/EBI)

## Strengths

## Weaknesses

Key Vocabulary: Performance, Audience, Style, Movement, Awareness, Control, Timing, Choreography

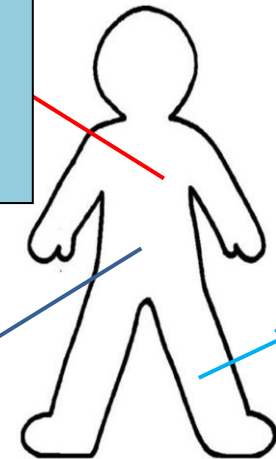
Unison: The same action at exactly the same time.

Canon: The same action one after another e.g. Mexican wave

**Pulse Raiser:**  
Increase of blood flow to activate muscles and increase body temperature.

### 3 Stages of the warm up

**Mobiliser:** To get full range of motion within the joints.



**Stretching:**  
To gradually lengthen the muscles in to their full range in preparations for extended movements.