

Year 1 PE Knowledge Organiser

Autumn 2

Areas of learning: Dance and Yoga

Dance - Key Knowledge

By the end of this unit pupils will acquire and develop the following skills...

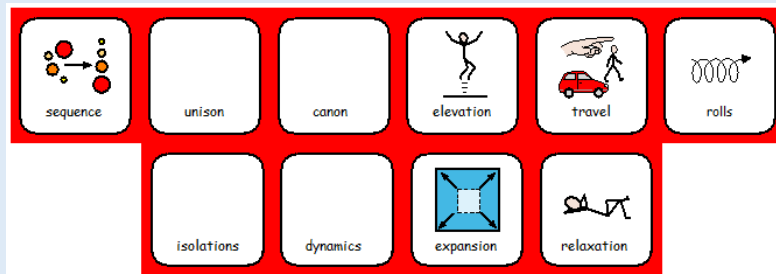
- Copying, remembering and repeating a simple sequence of actions.
- Choose an action for an idea.
- Use changes in speed, direction and level of their actions with guidance from a teacher.
- Begin to develop skills in performing in unison with a group.
- Begin to perform simple movements using the core dance elements – elevation, travel, rolls, gesture / isolations, dynamics and expansion and relaxation.
- Understand counts within music and how they support dance.

Yoga Key Knowledge

By the end of this unit pupils will acquire and develop the following skills...

- Develop and awareness of mindfulness and body awareness.
- Develop techniques to help them begin to connect their body and mind.
- Begin to explore wellbeing by building their strength, flexibility, co-ordination and balance.
- Explore a variety of poses (body positions) to develop their flexibility and balance.
- Create their own yoga poses individually, with a partner and within a group.
- Explore breathing and meditation exercises to help their mind and body feel relaxed.

Key Vocabulary



Key Vocabulary



