

# Year 2 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...

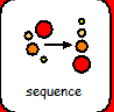




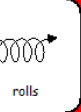




- Copying, remembering and repeating a sequence of actions linking them together showing a clear start and finish.
- Create their own actions from a range of stimuli.
- Travel in different ways varying levels, shapes, directions, speeds and timing with guidance.
- Develop skills in performing in unison and canon with a group.
- Shows character within a dance by exploring the core dance elements – elevation, travel, rolls, gesture / isolations, dynamics and expansion and relaxation.
- Uses counts within music to help them stay in time with music.

### Yoga Key Knowledge



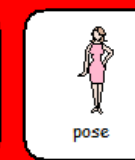
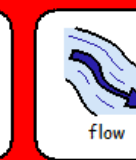
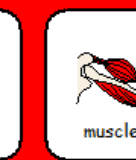
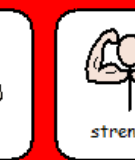
By the end of this unit pupils will acquire and develop the following skills...

- Develop and awareness of mindfulness and body awareness.
- Develop techniques to help them begin to connect their body and mind.
- The ability to copy, remember and repeat yoga poses and flows.
- Develop the ability to move from one pose to another using their breath to help control their body.
- Working with others to create simple flows (yoga routines) showing some control of their body.
- Begin to give feedback about others work using key vocab.

### Key Vocabulary

 sequence	 unison	 canon	 elevation	 travel	 rolls
 isolations	 dynamics	 expansion	 relaxation		

### Key Vocabulary

 yoga	 breath	 pose	 flow	 muscles	 strength
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