



Year 7 Dance Term 1 Knowledge Organiser

Actions

1. Jump
2. Turn
3. Gesture
4. Travel
5. Balance

SPACE:

- Directions
- Levels
- Spatial
- Pathways



Contemporary Dance

The word contemporary basically means anything modern. So, a modern type of dance style of expressive dance that has been able to combine features of several genres such as modern, hip-hop, jazz, lyrical and classic ballet.

The dance in itself is all about flexibility and connection of both body and mind through fluid movements

PERFORMANCE SKILLS:

- Projection
- Facial Expressions
- Concentration
- Clarity
- Accuracy
- Timing
- Musicality
- Focus
- Confidence
- Movement Memory
- Dynamic Contrast

Key Word

Parallel

Roll Down

Swing

Alignment

