**Anglo Saxons and Vikings dance and gym – Knowledge Organiser**

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| **Key Vocabulary** | | **Key Facts** |
| **stimulus** | The starting point of a piece e.g a theme, a photo, a story. |  |
| **motif** | A single movement or a short phrase of movement which expresses the style or theme of the dance. They are repeated, varied and developed. |  |
| **dynamics** | How the movement is performed (levels, direction, speed) |  |
| **cannon** | One/some group perform their phrase, followed by another group. |  |
| **repetition** | Repeating a movement or a phrase again |  |
| **unison** | Everyone performs the same thing at the same time. |  |
| **call and response** | A group performs some actions, another group responds with actions. |  |
| **phrase** | Two or more movements combined together. |  |
| **isolation** | Where one body part is the only part of the body that is moving |  |
| **levels** | Performing a routine or motif at a high, medium or low level. |  |
| **counter tension** | a balance which involves two or more of them pulling away from each other, where the weight is not even |
| **counter balance** | A move which is balanced (like a sea-saw). |  |
| **sequence** | A pattern of movements | **Key People** |
| **formation** | A group of people or things in an arrangement/pattern. | **Mussorgsky – a Russian composer**  **Prokofiev – A Russian composer, pianist and conductor**  **Rambert – A contemporary dance company** |