KNOWLEDGE ORGANISER

PHYSICAL EDUCATION	SEQUENCE AND MOVEMENT	LKS2

Cross curricular links	Key skills	Key Vocabulary/definitions
PSHE: The importance of a healthy body.	To carry out warm-up activities carefully. To identify, choose and plan contrasting actions. To compose, repeat, remember and perform phrases in a sequence. To compose a sequence of movements creatively using space. To use dynamic, rhythmic and expressive qualities clearly and with control in sequences. To refine a sequence of movement through practice. To identify a successful sequence and explain what makes a successful sequence.	**Phrase:** A brief sequence of related movements. **Sequence**: A number of phrases linked together. **Dynamic:** The use of different gradations of energy to perform a movement. **Rhythmic**: The way an individual understands, experiences, and expresses music through their body. **Expressive**: Moving with projection, focus, spatial awareness and/or facial expression.

Pictures/photos relevant to topic

Key facts

Movement is the state of changing something's position—that is, changing where something is. A flying bird or a walking person are moving because they change where they are from one place to another.

In humans and animals, movement is controlled by the nervous system, especially the brain and spinal cord.

Paintings made in caves more than 10,000 years ago suggest that even the earliest peoples put sequences of movements together to create dances. The first written records of dance date back some 4,000 years to the ancient Egyptians.

Moving in sequences can boost cardiovascular health, flexibility, strength and balance. It also has stress-boosting mental health benefits.