



# Knowledge Organiser: Yr 9 SIS DANCE

## Safe Practice

### Warm up:

- Increase temperature
- Increase heart rate
- Increase adrenaline
- Increase breathing
- Increase the blood flow to the muscles to supply them with more oxygen and remove waste products
- Reduce muscles soreness

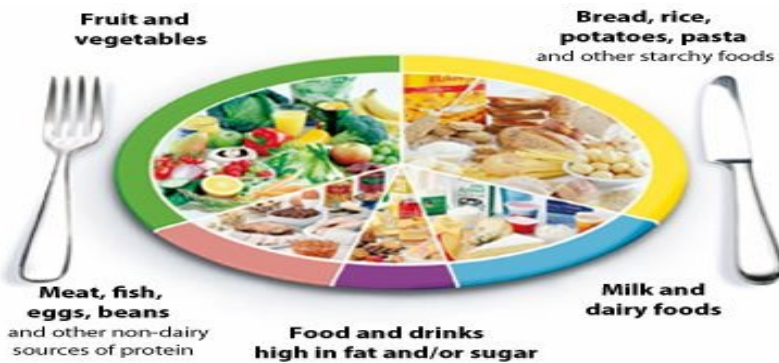
### Cool down:

- Prevent build up of lactic acid
- Prevent muscle soreness
- blood pooling in veins
- reduce core temperature
- helps breathing return to normal
- mental preparation for the next class
- Helps heart rate return to normal



### Nutrition – basic nutrients in a dancers life to stay healthy

The importance of Carbohydrates and low fat for a dancer as well as staying hydrated before and after exercise/



How foods help a dancer maintain energy, stay healthy and keep BMI low.

Leave blank to allow students to glue.

### Warming up exercises:





# Knowledge Organiser for Year 9 Dance

## Mental skills

- Communication
- Commitment
- Confidence
- Concentration
- Movement memory

## Physical skills

- Posture
- Strength
- Balance
- Control
- Stamina
- Flexibility

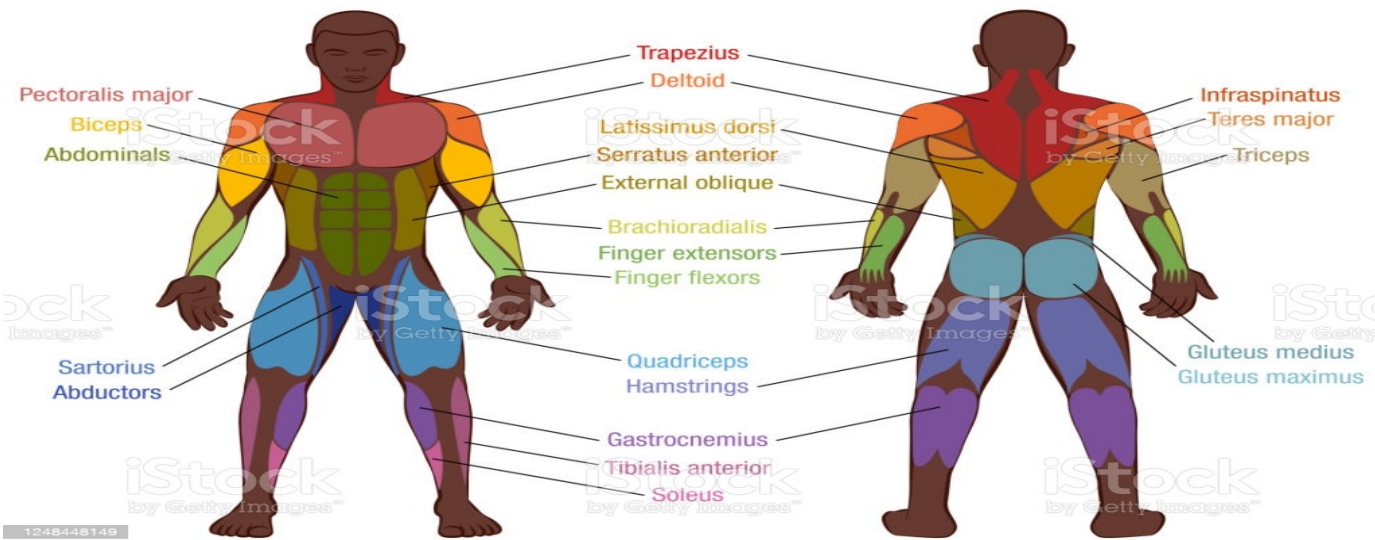
## Expressive skills

- Facial expressions
- Projection
- Focus
- Spatial awareness
- Phrasing

## Muscles:

### Muscle Diagram

of the male body - anterior and posterior view



## SAFE PRACTICE WHEN DANCING

- |                          |                       |
|--------------------------|-----------------------|
| ➤ Appropriate clothing   | Warm up and cool down |
| ➤ Be aware of wet floors | Hydrate               |
| ➤ Hair tied back         | No jewellery          |

- Landing correctly
- Supporting
- Weight sharing
- Working with others
- Strong base to support

