

KS3 Knowledge Organiser

RADS

Action – what you do:

Travel, Turn, Transfer of weight, Jump, Gesture, Stillness

Space – Where you perform it:

pathways • levels • directions • size of movement •

Dynamics – how you perform your actions:

Speed: • fast/slow • sudden/sustained • acceleration/deceleration • strong/light • direct/indirect • flowing/abrupt.

Relationships – how you perform a motif with someone else:

• lead and follow • mirroring • action and reaction • accumulation • complement and contrast • counterpoint • contact • formations.

Expressive Skills:

- **Projection:** The energy the dancer uses to connect with and draw in the audience
- **Focus:** Use of the eyes to enhance performance or interpretative qualities
- **Spatial Awareness:** Consciousness of the surrounding space and its effective use
- **Facial Expression:** Use of the face to show mood, feeling or character
- **Phrasing:** The way in which the energy is distributed in the execution of a movement phrase



Technical Skills: • Action Content • Spatial Content • Dynamic Content • Relationship Content • Timing Content • Rhythmic Content

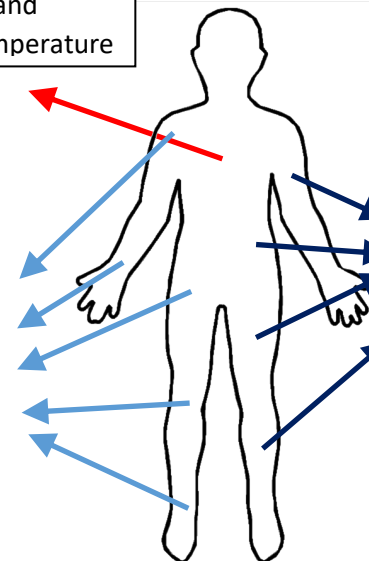
Mental Skills: • movement memory • commitment • concentration • confidence.

Pulse Raiser

Increase of blood flow to activate muscles and increase body temperature

Mobiliser

To get full range of motion within the joints



3 Stages of the warm up

Dynamic Stretching

To gradually lengthen the muscles in to their full range in preparations for extended movements.