

Year 3 - Intro to Movement to Music

Knowledge Organiser

MOVING
EDSTART

EDSTART KNOW

- I can explain that dance tells a story or shows an idea through movement.
- I can describe how to use space safely when moving and performing with others.
- I can recognise how music helps me to move in time and keep rhythm.

EDSTART GO

- I can create and remember a short sequence of movements.
- I can move in different ways, using levels, directions, and body shapes.
- I can work with a partner or group to show actions like mirroring, matching, or travelling together.

EDSTART SHOW

- I can perform my dance confidently in front of others.
- I can use my face and body to show feelings or characters.
- I can talk about my performance and say what went well and what I could do better next time.

Key Vocabulary

rhythm, beat,
movement, pattern,
coordination, style,
expression, flow

Role Models



Akram Khan –
Contemporary
Dancer and
Storyteller



JoJo Siwa -
American Dancer

What do we know about dance?

Dance is one of the oldest ways to express stories and emotions. It can be fast or slow, calm or energetic, and connects movement to music. Around the world, people dance for fun, celebration, or tradition. Dance helps children build confidence, coordination, and teamwork while developing creativity and imagination.

In Year 2 we learnt

- **to move confidently and safely in their own and general space, using changes of speed, level and direction.**
- **to be creative in how they move around.**