



Dance Skills Progression

Early Years	Key Stage 1		Key Stage 2			
Perform						
Rec	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>To copy and explore basic actions</p> <p>Begin to combine movements using different parts of the body</p> <p>Recognise a beginning and ending of a sequence.</p> <p>Practise moving expressively and clearly</p> <p>Show some rhythmic intention in movements</p>	<p>Perform basic body actions</p> <p>Perform a sequence with a beginning and end.</p> <p>Use different parts of the body singly and in combination</p> <p>Show some sense of dynamic, expressive and rhythmic qualities in their own dance</p>	<p>Perform with some control (set counts) and coordination.</p> <p>Remember and repeat a dance phrases of two or more specific steps</p> <p>Perform short dances, showing some understanding of expressive qualities of the dance style.</p>	<p>Repeat, remember and perform steps of a set style</p> <p>Use dynamic, rhythmic and expressive qualities clearly and with control</p>	<p>Perform a sequence in a given theme/ mood</p> <p>Lead a partner through short warm- up routines</p>	<p>Respond to the phrasing of music</p> <p>Understands the relationship between dance and its accompaniment</p> <p>Perform different styles of dance clearly, rhythmically and fluently</p>	<p>Uses compositional devices such as: canon, unison, question and answer, contrast and complimentary movements to create a dance phrase</p> <p>Performs to an accompaniment expressively and sensitively</p> <p>Performs dances fluently and with control</p>
Compose						
<p>With support and direction work with a partner or group.</p>	<p>Chooses appropriate movements for</p>	<p>Choose movements with different dynamic qualities to make a dance</p>	<p>Improvise freely translating ideas from a stimulus into movement</p>	<p>Plan, perform and repeat longer sequences that include changes of</p>	<p>Compose motifs and plan dances creatively and</p>	<p>Works creatively and imaginatively on their own, with a partner and in a</p>



Dance Skills Progression

<p>Try to choose movements that reflect the dance idea</p> <p>With help, remember, repeat and link movement phrases and dances</p>	<p>different dance ideas</p> <p>can remember and repeat short dance phrases</p> <p>Moves with some control</p> <p>Works with a partner</p> <p>Varys the use of space</p>	<p>phrase that expresses an idea, mood or feeling; link actions</p> <p>Can Engage with a partner or group to perform</p>	<p>Create appropriate dance phrases to reflect the ides or style</p> <p>Shares the composition of dance phrases with a partner and in a small group</p>	<p>speed and level, clear shapes and quality of movement</p> <p>Adapt their own movements to include a partner in a sequence</p>	<p>collaboratively in groups</p> <p>Adapt and refine the way they use weight, space and rhythm in their dances to express themselves in the style of dance they use</p> <p>Organise their own warm-up and cool-down exercises</p>	<p>group to compose motifs and structure simple dances with attention to dynamics.</p>
Appreciate						
<p>Recognise when they feel out of breath when dancing</p> <p>Recognise and describe simple body actions and some expressive and dynamic qualities of movement</p>	<p>Describe how lungs and heart work when dancing</p> <p>Describe some basic body actions and simple expressive and dynamic qualities of movement</p>	<p>Use some simple dance vocabulary to describe and interpret dance</p> <p>Describe how dancing affects their body</p> <p>Know why it is important to be active; begin to suggest ways they</p>	<p>Recognise and describe the expressive qualities of a dance style</p> <p>Suggest improvements to their own and other people's dances using</p> <p>Understand the importance of</p>	<p>Recognise criteria that lead to improvement, eg changing a level</p> <p>Watch, describe and suggest possible improvements to others' performances</p>	<p>Show an understanding of safe exercising</p> <p>Recognise and comment, using appropriate vocabulary, on dances, showing an understanding of style</p>	<p>Warm up and cool down independently</p> <p>Understand how dance helps to keep them healthy</p> <p>Use appropriate criteria to evaluate and refine their own</p>



Dance Skills Progression

		could improve their work	warming up and cooling down	Suggest improvements to their own performance Understand that strength and suppleness can be improved	Suggest ways to improve their own and other people's work	Talk about dance with understanding, using appropriate language and terminology and an awareness of artistic intention
--	--	--------------------------	-----------------------------	--	---	--