PE KNOWLEDGE & SKILLS PROGRESSION - DANCE

"Exercise not only changes your body, it changes your mind, your attitude and your mood."
~Anon

YEAR 1

Dance Skills & Performance
I can copy and repeat simple dance actions, applying actions with some coordination, control and special awareness.
I can put a sequence of actions together to create a motif.
I can vary the speed of my actions.

I can use simple choreographic devices such as unison, canon and mirroring.
I am beginning to improvise independently to create a simple dance.

I can perform using a range of actions and body parts with some coordination and control.

Evaluation
I am able to watch and describe different performances.
I am beginning to say how they could improve.

YEAR 2

Dance Skills & Performance
I can copy, remember and mirror dance sequences with a partner.
I can create a short motif inspired by a stimulus.
I can change the speed and level of my actions.

I can use simple choreographic devices such as unison, canon and mirroring.
I can use different transitions within a dance motif.
I move in time to music.
I can improve the timing of my actions.

I can perform sequences of my own composition with coordination and increasing control.

Evaluation
I can watch and describe performances and use what I see to improve my own performance.
I can talk about the differences between my work and that of others.

YEAR 3

Dance Skills & Performance
I can copy and follow a dance routine.

I can create motifs from different stimuli.

I am beginning to compare and adapt movements and motifs to create a larger sequence.

I use simple dance vocabulary to compare and improve work.

I can perform with some awareness of rhythm and expression.

I can develop the quality of the actions in my performances, performing with control and confidence.
I compete against self and others in a controlled manner.

Evaluation
I can watch, describe and evaluate the effectiveness of a performance.
I am able to describe how my performance has improved over time.