



PE KNOWLEDGE & SKILLS PROGRESSION - DANCE

YEAR 4

Dance Skills & Performance

I am beginning to improvise with a partner to create a simple dance.

I can compose a dance that reflects the chosen dance style.

I can confidently improvise with a partner or on my own.

I can compose longer dance sequences in a small group.

I can demonstrate precision and some control in response to stimuli.

I am beginning to vary dynamics and develop actions and motifs in response to stimuli.

I can demonstrate rhythm and spatial awareness.

I can change parts of a dance as a result of self-evaluation.

I use simple dance vocabulary when comparing and improving work.

I perform and create sequences with fluency and expression considering control and accuracy.

Evaluation

I am able to watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.

I modify my use of skills or techniques to achieve a better result.

YEAR 5

Dance Skills & Performance

I am able to identify and repeat the movement patterns and actions of a chosen dance style.

I can compose individual, partner and group dances that reflect the chosen dance style.

I show a change of pace and timing in my movements.

I have developed an awareness of my use of space.

I can demonstrate imagination and creativity in the movements I devise in response to stimuli. I use transitions to link motifs smoothly together.

I can improvise with confidence, still demonstrating fluency across the sequence.

I ensure my actions fit the rhythm of the music.

I can modify parts of a sequence as a result of self and peer evaluation.

I can use more complex dance vocabulary to compare and improve work.

I perform my own longer, more complex sequences in time to music, applying skills and techniques with accuracy and control.

Evaluation

I can choose and use criteria to evaluate my own and others' performances.

I can explain why I have used particular skills or techniques, and the effect they have had on my performance.

YEAR 6

Dance Skills & Performance

I can identify and repeat the movement patterns and actions of a chosen dance style.

I can compose individual, partner and group dances that reflect the chosen dance style.

I use dramatic expression in dance movements and motifs.

I perform with confidence, using a range of movement patterns.

I can demonstrate strong and controlled movements throughout a dance sequence.

I am able to combine flexibility, techniques and movements to create a fluent sequence.

I move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs.

I can show a change of pace and timing in my movements.

I move rhythmically and accurately in dance sequences.

I can improvise with confidence, still demonstrating fluency across my sequence.

I dance with fluency and control, linking all movements and ensuring that transitions flow.

I can demonstrate consistent precision when performing dance sequences.

I modify some elements of a sequence as a result of self and peer evaluation.

I use complex dance vocabulary to compare and improve my work.

I link actions to create a complex sequence using a full range of movement.

I perform the sequence in time to music applying a variety of skills and techniques confidently, consistently and with precision.

Evaluation

I thoroughly evaluate my own and others' work, suggesting thoughtful and appropriate improvements.

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

