



Physical Education

Dance Progression Grid



KS1 National Curriculum Aims

The main KS1 national curriculum aims covered in Dance are:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.
- To perform dances using simple movement patterns.

KS2 National Curriculum Aims

The main KS2 national curriculum aims covered in the Dance are:

- Develop flexibility, strength, technique, control and balance.
- To perform dances using a range of movement patterns.
- Compare their performance with previous ones and demonstrate improvement to achieve their personal best.

Year 1

Dance Skills

I can follow the leader, for example jumping, hopping and skipping.

I can copy and repeat actions.

I can respond to different stimuli and music with a range of actions.

I can vary the speed of my actions.

I can copy and explore basic body actions demonstrated by the teacher.

I can copy simple movement patterns from each other and explore the movement.

I can use simple choreographic devices such as unison, canon and mirroring.

I can compose and link movement phrases to make simple dances with clean beginning, middle and end.

I can practise and repeat their movement phrases and perform them in a controlled way.

I can watch and talk about peer performances.

I can begin to say how they could improve.

I can describe how the body feels before, during and after exercise.

I can carry and place equipment safely.

Year 2

Dance Skills:

I can link several movements together with control and coordination.

I can move in time to music.

I can talk about different stimuli and music as the starting point for creating dance phrases and short dances.

I can explore actions in response to stimuli and explore ideas, moods and feelings by experimenting with actions, dynamics, directions, levels and a growing range of possible movements.

I can watch and describe performances and use what they see to improve their own performance.

I can explain what is needed to stay healthy.

I can compose and perform dance phrases and short dances that express and communicate moods, ideas and feelings.

I can remember and repeat a short dance phrase, showing greater control, coordination and spatial awareness.

I can improve the timing of my actions.

I can include unison, canon and mirroring.

Year 3

Dance Skills:

I can improvise freely with a partner translating ideas from stimuli to movement.

I can improvise with a partner to create a simple dance.

I can show an imaginative response to different stimuli and music through their use of language and choice of movement.

I can perform with some awareness of rhythm and expression.

I can incorporate different qualities and dynamics into their movements.

I can perform with control and confidence.

I can explore and develop new actions while working with a partner or a small group.

I can compete against others in a controlled manner.

I know the importance of strength and flexibility for physical activity.

I can apply basic compositional ideas to create dances which convey feelings and emotions.

I can link actions to make dance phrases, working with a partner and in a small group.

I can perform short dances with expression, showing an awareness of others when moving.

I can describe what makes a good dance phrase.

I can explain why it is important to warm up and cool down.

I can use simple dance vocabulary to compare and improve work.

Year 4

Dance Skills:

I can respond and perform with a partner, demonstrating actions that link with fluency and accuracy.

I can compose longer dance sequences in a small group.

I can respond to the stimuli through the appropriate language, creating their own ideas and movement phrases.

I can use a range of actions and begin to combine movement phrases and patterns.

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

I can begin to respond within a small group, to different speeds and levels.

I can begin to design their own movement phrases that respond to stimuli or emotion.

I can remember, perform and evaluate short dance phrases, showing an understanding and an awareness of others.

I can perform with fluency and expression.

I can use a range of movement and dance phrases within different ways (unison, canon) with a partner or group.

I can describe how the body reacts at different times and how this affects performance.

I can explain why exercise is good for your health.

I can give some reasons for warming up and cooling down.

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

Year 5

Dance Skills:

I can respond to a variety of stimuli showing a range of actions performed with control and fluency.

I can consider character and narrative ideas created by the stimulus, and respond through movement.

I can experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working on my own, or with a partner or a group.

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

I can develop an awareness of the use of space.

I can create and perform dances using a range of movement patterns in response to a range of stimuli.

I can use different compositional ideas to create motifs incorporating unison, canon, action and reaction.

I can remember, practise and combine longer, more complex dance phrases.

I can use more complex sequences in time to music.

I can perform consistently and apply skills and techniques with accuracy and control.

I can explain how particular skills and techniques affect performances.

I can ensure my actions fit the rhythm of the music.

I can explain some safety guidance when preparing for and during exercise.

Year 6

Dance Skills :

I can perform a variety of dance styles with accuracy and consistency.

I can explore, improvise and choose appropriate material to create new motifs in a chosen dance style.

I can respond to a range of stimuli, improvising freely using a range of controlled movements and patterns.

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

I can extend compositional skills incorporating a wider range of dance styles and forms.

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

I can select and use a range of compositional ideas to create motifs that demonstrate their dance idea.

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

I can take warm-ups and cool-downs in a safe and effective manner.

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

I can demonstrate consistent precision when performing dance sequences.

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