



Physical Education: Dance

Aspect	End of Yr 1	End of Yr 2	End of Yr 3	End of Yr 4	End of Yr 5	End of Yr 6
Acquiring & Developing Skills	Explore movement & respond to a range of stimuli. Move confidently & safely in their own space using changes of speed & direction.	Explore, remember, repeat & link a range of actions with co-ordination & control. Explore changes of rhythm, speed, level & direction.	Improvise on own & with a partner, translating ideas from stimuli into movement.	Respond imaginatively to a range of stimuli related to character & narrative.	Explore & improvise for dances in different styles, individually, with a partner & in a group.	Explore & improvise, combine movement ideas fluently, individually, with a partner & in a group. Show controlled movements expressing emotion.
Selecting & Applying Skills	Compose & link movements to make simple beginning, middle & end. Use a range of body movements & parts.	Compose & perform short dances that express moods & ideas.	Create & link dances using simple structure. Perform with awareness of rhythm, control & expressive dance qualities, individually, with a partner & in a group.	Use simple dance principles to create narratives. Take the lead when working with partner or group. Perform more complex dances that communicate narrative & character.	Compose dances by adapting steps & patterns from different dance styles. Perform dances expressively showing fluency.	Create dances using basic compositional principles. Select their own music and dance styles.
Evaluating & Improving Performance	Talk about dance ideas. Copy dance movements.	Watch & describe dances & use what they learn to improve their dance.	Describe & evaluate some of the compositional features of dance performed by	Describe, interpret & evaluate own & others' dances, using appropriate dance language.	Describe, analyse, interpret & evaluate dances showing an	Understand & talk about how a dance is performed. Evaluate, refine &

			others. Be specific about what they might improve in their dance.		understanding of style & context.	develop their own work & others'.
Knowledge & Understanding of Fitness & Health	Talk about how their body feels when still and during exercise.	Recognise how different rhythms & paces make them feel. Understand the basic importance of warm-ups & cool-downs.	Know & describe what an effective warm-up & cool-down is.	Know & describe what an effective warm-up & cool-down is, & how to do this safely.	Organise their own warm-ups & cool-downs. Show an understanding of their importance.	Understand why dance is good for health & well-being. Use own effective warm-ups & cool-downs independently.