



DANCE PROGRESSION OF LEARNING

	EYFS Milestones	Key Stage 1 Milestones	
	Reception	Year 1	Year 2
Acquiring and developing skills	<p>EYFS Areas of Learning: Physical Development: Moving and Handling</p> <ul style="list-style-type: none"> Experiments with different ways of movement Jumps off and object and lands appropriately Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles Travels with confidence and skill around, under, over and through balancing and climbing equipment Children understand the important of good health and fitness, a healthy diet and talk about ways to stay health and safe. They can manage their own basic hygiene and personal needs. <p><u>Early Learning Goal</u></p> <ul style="list-style-type: none"> Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing 	<ul style="list-style-type: none"> explore movement ideas and respond imaginatively to a range of stimuli move confidently and safely in their own and general space, using changes of speed, level and direction 	<p>explore, remember, repeat and link a range of actions with co-ordination, control and an awareness of the expressive qualities of dance</p>
Selecting and applying skills, tactics and compositional ideas		<ul style="list-style-type: none"> compose and link movement to make simple dances with clear beginnings, middles and ends perform movement phrases using a range of body actions and body parts 	<p>compose and perform dance phrases and short dances that express and communicate moods, ideas and feelings choosing and varying simple compositional ideas</p>
Knowledge and understanding of fitness and health		<ul style="list-style-type: none"> recognise how their body feels when still and exercising 	<ul style="list-style-type: none"> recognise and describe how different dance activities make them feel understand the importance of warming up and cooling down
Evaluating and improving performance		<ul style="list-style-type: none"> talk about dance ideas inspired by different stimuli copy, watch and describe dance movement 	<ul style="list-style-type: none"> watch and describe dance phrases and dances and use what they learn to improve their own work

Physical Education Dance Lessons

YEAR A

	Foundation	Year 1 and Year 2
Autumn	<p>Under the Sea Planning</p> <p>To learn to use flocking and different travelling steps to create a dance about a shoal of fish.</p> <p>To learn to develop and remember movement actions for a dance. Can you include a change in levels and speed within your dance?</p> <p>To learn to create a duet with 5 different starfish shapes. Can you add in exciting energetic movements?</p> <p>To learn to perform a dance about the creatures of the sea linking moves together fluently and in unison.</p> <p>To learn to develop my skills in the performance of a dance.</p> <p>To learn to practice and perform a dance based on animals around the world.</p>	<p>Animals Planning</p> <p>To learn to use large body actions to create a dance about a cat.</p> <p>To learn to develop and remember movement actions for a dance.</p> <p>To learn to change levels and speeds within your dance.</p> <p>To learn to create an animal shape and link them together in a polar bear and penguin dance.</p> <p>To learn to travel from one to another.</p> <p>To learn to perform a dance about a rainforest linking moves together fluently and in unison.</p> <p>To learn to develop skills in the performance of a dance.</p> <p>To learn to practise and perform a dance based on animals from around the world.</p> <p>To learn to describe work explaining what you liked and disliked.</p>
Spring	<p>Toys Planning</p> <p>To learn to show basic travelling steps to move in different ways like a toy.</p> <p>To learn to repeat movements in character using the theme of Toys.</p> <p>To learn to move in character as a toy emerging from a wrapping, including changes of levels.</p> <p>To learn to move in character to tell a movement story about a toy in a toy box linking movements together fluently.</p> <p>To learn to move in character to tell a movement story about a puppet as a duet.</p> <p>To learn to move in character to tell a movement story motif about a toy of your choice.</p>	<p>Celebration Planning</p> <p>To learn to use large body actions and small body actions to create a dance about a cat in Halloween.</p> <p>To learn to develop and remember movement actions for a dance</p> <p>To learn to include a change in levels and speed within your dance.</p> <p>To learn to develop a Chinese New Year Dragon dance.</p> <p>To learn to develop a winter dance showing different snow shapes and travel movements.</p> <p>To learn to perform a dance about Christmas linking moves together fluently and in unison.</p> <p>To learn to practice and perform a dance based on celebrations?</p> <p>Can you describe and comment on others work explaining what you like and dislike and why?</p>
Summer	Not in this term	Not in this term

YEAR B

	Foundation	Year 1 and Year 2
Autumn	<p>Under the Sea Planning</p> <p>To learn to use flocking and different travelling steps to create a dance about a shoal of fish.</p> <p>To learn to develop and remember movement actions for a dance. Can you include a change in levels and speed within your dance?</p> <p>To learn to create a duet with 5 different starfish shapes. Can you add in exciting energetic movements?</p> <p>To learn to perform a dance about the creatures of the sea linking moves together fluently and in unison.</p> <p>To learn to develop my skills in the performance of a dance.</p> <p>To learn to practice and perform a dance based on animals around the world.</p>	<p>Dinosaur Planning</p> <p>To learn to use large body actions and small body actions to create a dance about a dinosaur.</p> <p>To learn to develop and remember movement actions for a dance. Can you include a change in levels and speed within your dance?</p> <p>To learn to create some different dinosaur movements and link them together in a dance sequence.</p> <p>To learn and perform a dance about a dinosaur romp. Linking moves together fluently and in unison.</p> <p>To learn to create, practise and develop the performance of a dance.</p> <p>To learn to practise and perform a dance based on dinosaur movements. Can you describe and comment on others work explaining what you like and dislike and why?</p>
Spring	<p>Toys Planning</p> <p>To learn to show basic travelling steps to move in different ways like a toy.</p> <p>To learn to repeat movements in character using the theme of Toys.</p> <p>To learn to move in character as a toy emerging from a wrapping, including changes of levels.</p> <p>To learn to move in character to tell a movement story about a toy in a toy box linking movements together fluently.</p> <p>To learn to move in character to tell a movement story about a puppet as a duet.</p> <p>To learn to move in character to tell a movement story motif about a toy of your choice.</p>	<p>Antarctica</p> <p>To learn to use appropriate dance actions to create a dance phrase based on penguins.</p> <p>To learn to use appropriate dance actions to create a dance phrase based on the explorers.</p> <p>To learn to work cooperatively with a partner to create an interactive dance phrase based on a picture.</p> <p>To learn and perform the set phrase from Happy Feet.</p> <p>To learn to recall the dance so far and create the story.</p>
Summer	Not in this term	Not in this term

DANCE PROGRESSION OF LEARNING

Key Stage 2

	Lower Key Stage 2 Milestones		Upper Key Stage 2 Milestones	
	Year 3	Year 4	Year 5	Year 6
Acquiring and developing skills	<ul style="list-style-type: none"> improvise freely on their own and with a partner, translating ideas from a stimulus into movement 	<ul style="list-style-type: none"> explore and create characters and narratives in response to a range of stimuli 	<ul style="list-style-type: none"> explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group 	<ul style="list-style-type: none"> explore, improvise and combine movement ideas fluently and effectively
Selecting and applying skills, tactics and compositional ideas	<ul style="list-style-type: none"> create and link dance phrases using a simple dance structure or motif perform dances with an awareness of rhythmic, dynamic and expressive qualities, on their own, with a partner and in small groups 	<ul style="list-style-type: none"> use simple choreographic principles to create motifs and narrative perform complex dance phrases and dances that communicate character and narrative 	<ul style="list-style-type: none"> compose dances by using adapting and developing steps, formations and patterning from different dance styles perform dances expressively, using a range of performance skills 	<ul style="list-style-type: none"> create and structure motifs, phrases, sections and whole dances begin to use basic compositional principles when creating their dances
Knowledge and understanding of fitness and health	<ul style="list-style-type: none"> keep up activity over a period of time and know they need to warm up and cool down for dance 	<ul style="list-style-type: none"> know and describe what you need to do to warm up and cool down for dance 	<ul style="list-style-type: none"> organise their own warm-up and cool-down activities to suit the dance show an understanding of why it is important to warm up and cool down 	<ul style="list-style-type: none"> understand why dance is good for their fitness, health and wellbeing prepare effectively for dancing
Evaluating and improving performance	<ul style="list-style-type: none"> describe and evaluate some of the compositional features of dances performed with a partner and in a group talk about how they might improve their dances 	<ul style="list-style-type: none"> describe, interpret and evaluate their own and others' dances, taking account of character and narrative 	<ul style="list-style-type: none"> describe, analyse, interpret and evaluate dances, showing an understanding of some aspects of style and context 	<ul style="list-style-type: none"> understand how a dance is formed and performed evaluate, refine and develop their own and others work

Physical Education Dance Lessons

YEAR A

	Year 3 and Year 4	Year 5 and Year 6
Autumn	<p>Shake, Rattle and Roll Planning</p> <p>To learn to develop a sequence of moves which tell the story through dance of how a rock becomes soil.</p> <p>To learn to work as a pair to create and perform a short dance sequence.</p> <p>To learn to create and perform a whole class dance based on a volcano poem. Can you include some rock and roll moves in the final stages of the dance?</p> <p>To learn to create and perform a whole class dance based on a rocks and volcanoes. Can you include some rock and roll moves in the final stages of the dance?</p> <p>To learn to perform a longer sequence of moves developing your performance skills.</p> <p>To learn to practice and perform a dance based on rocks, volcanoes and Rock and Roll.</p>	<p>Roman Planning</p> <p>To learn to develop a dance motif using pictures as a stimulus.</p> <p>To learn to develop a dance sequence with a partner using pictures as a stimulus.</p> <p>To learn to develop a dance sequence with a partner using pictures as a stimulus.</p> <p>To learn to develop a dance sequence with a partner using pictures as a stimulus. Can you play an effective role in a story telling sequence?</p> <p>To learn to practise and refine a dance based on the topic of Romans. Can you watch a recording and notice elements for improvement?</p> <p>To learn to practise and perform a dance based on the topic of Romans.</p>
Spring	<p>Rainforests Planning</p> <p>To learn to develop a phrase based on the characteristics of animals that live in the forest.</p> <p>To learn to create a group phrase based on actions of an explorer in the rainforest.</p> <p>To learn to create and perform a duet based on the journey an explorer may take through the rainforest.</p> <p>To learn to use a clip as the stimulus to create a class tribal dance phrase.</p> <p>To learn to remember and recall the dance sections so far and suggest a story for the whole Rainforest Dance.</p> <p>To learn to practise and perform a dance based on The Rainforest. Can you describe and comment on others work explaining what you like and dislike and why?</p>	<p>India Planning</p> <p>To learn to explore and improvise ideas for an Indian Style of dance, working individually and in a pair.</p> <p>To learn to select and learn appropriate dance material to create a set phrase that represents the chosen theme of Indian Dance.</p> <p>To learn to select and learn appropriate hand gestures that are represented in a story in Indian Dance.</p> <p>To learn a set Indian Dance from a Film clip.</p> <p>To learn to perform an Indian dance based on different styles, incorporating costume? Can you create an ending for your dance?</p> <p>To learn to perform your dance to an audience.</p>

Summer	Not in this term	Not in this term
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YEAR B

	Year 3 and Year 4	Year 5 and Year 6
Autumn	<p>Machines Planning</p> <p>To learn to develop a sequence of machine moves which have action and re-action within the dance sequence.</p> <p>To learn to work as a pair to create and perform a short dance sequence.</p> <p>To learn to create and perform a duet and a whole class dance, working in unison and canon based on machines.</p> <p>To learn to develop and perform a longer sequence of movements which include a range of dynamics and body percussion.</p> <p>To learn to perform a longer sequence of moves developing your performance skills.</p> <p>To learn to practise and perform a dance based on machines.</p> <p>Can you describe and comment on others work explaining what you like and dislike and why?</p>	<p>Communication Planning</p> <p>To learn to develop a dance motif using mobile phone numbers as a stimulus.</p> <p>To learn to develop a dance motif using a visual stimulus.</p> <p>To learn to develop a dance from a narrative stimulus and include emotions within the dance.</p> <p>To learn to develop a dance through body shapes and gesture for others to interpret.</p> <p>To learn to practise and refine the performance and composition of a dance.</p> <p>To learn to practise and perform a dance based on a variety of forms of communication.</p>
Spring	<p>Topic Based Dance Planning</p> <p>To learn to develop a phrase based on the characteristics of our topic.</p> <p>To learn to create a group phrase based on actions of our topic.</p> <p>To learn to create and perform a duet based on an element of our topic.</p> <p>To learn to use a clip as the stimulus to create section of our dance based on our topic.</p> <p>To learn to remember and recall the dance sections so far and suggest a story for the whole topic dance.</p> <p>To learn to practice and perform a dance based on our topic. Can you describe and comment on others work explaining what you like and dislike and why?</p>	<p>World War 2 Planning</p> <p>To learn to develop a dance motif using the start of war as a stimulus</p> <p>Announcement of the start of war.</p> <p>To learn to develop a dance from a narrative stimulus and include emotions within the dance.</p> <p>To learn to develop a dance motif using a visual/audio stimulus.</p> <p>Blitz photos and gas mask</p> <p>To learn to develop/ learn a dance motif based on the Jitterbug Jive.</p> <p>Jitterbug Jive</p> <p>To learn to perform a dance based on world war 2 to include unison, duet parts and the Jitterbug Jive.</p> <p>To learn to practise and perform a dance based on WW2. Can you evaluate and comment on others work explaining what you like and dislike and why?</p>

Summer	Not in this term	Not in this term
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