

## Basic Knowledge, Skills and Progression in Dance

### National Curriculum Requirements:

**KS1** - perform dances using simple movement patterns

**KS2** - perform dances using a range of movement patterns

	Dance Technique	Choreography	Performance	Evaluation and key vocabulary
	<b>Children are able to develop agility, balance and co-ordination with competence through a range of activities that are repeated and developed weekly.</b>	<b>Children are to be taught basic movement patterns from a range of genres and given the opportunity to be able to work creatively and develop their own actions.</b>	<b>As part of every lesson children will be given the opportunity to share their work with others to build confidence and self-esteem. Children are to be given opportunities to share work with an external audience.</b>	<b>Children are to evaluate what they have seen and highlight examples in performance. To identify strengths and weaknesses and how to improve.</b>
<b>Year 1</b>	<ul style="list-style-type: none"> <li>• I can demonstrate at least two jumps.</li> <li>• I can demonstrate three travelling actions</li> <li>• I can hold at least three different balances</li> </ul>	<ul style="list-style-type: none"> <li>• I can copy basic actions</li> <li>• I can remember a simple phrase with support</li> <li>• I can create my own basic actions</li> </ul>	<ul style="list-style-type: none"> <li>• I can perform simple actions with support</li> <li>• I can dance alongside others</li> <li>• I can perform to music</li> </ul>	<ul style="list-style-type: none"> <li>• I can identify different jumps</li> <li>• I can identify something I liked</li> </ul>
<b>Year 2</b>	<ul style="list-style-type: none"> <li>• I can demonstrate a range of jumps</li> <li>• I can demonstrate a range of travelling actions</li> <li>• I can demonstrate co-ordination</li> </ul>	<ul style="list-style-type: none"> <li>• I can copy and remember a simple phrase or motif</li> <li>• I can create a sequence of actions</li> <li>• I will demonstrate spatial awareness (directions)</li> </ul>	<ul style="list-style-type: none"> <li>• I can perform simple actions from memory</li> <li>• I can perform using set counts</li> <li>• I can perform confidently</li> </ul>	<ul style="list-style-type: none"> <li>• I can identify a range of jumps and travelling actions</li> <li>• I can identify something I liked and explain why</li> </ul>

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<b>Year 3</b>	<ul style="list-style-type: none"> <li>• I can demonstrate all key actions gestures, travel, jump, turn and stillness</li> <li>• I can demonstrate a variety of actions with some control</li> <li>• I can demonstrate actions with some co-ordination and strength</li> </ul>	<ul style="list-style-type: none"> <li>• I can create a sequence of actions to be performed in unison</li> <li>• I can use my imagination creating original ideas</li> </ul>	<ul style="list-style-type: none"> <li>• I can perform a variety of actions from memory</li> <li>• I can perform showing spatial awareness</li> <li>• I can perform in time with others</li> </ul>	<ul style="list-style-type: none"> <li>• I can name all the key actions</li> <li>• I can identify something that needs to be improved and explain why with support</li> </ul>
<b>Year 4</b>	<ul style="list-style-type: none"> <li>• I can control the majority of the key actions</li> <li>• I can demonstrate the majority of the key actions showing co-ordination and strength.</li> </ul>	<ul style="list-style-type: none"> <li>• I can create a sequence of actions using canon</li> <li>• I can create a sequence using different dynamics</li> <li>• I can create actions using a stimuli (theme, music etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• I can perform competently with an awareness of an audience</li> <li>• I can perform using a variety of styles</li> <li>• I understand that dance has a structure (start/middle/end)</li> </ul>	<ul style="list-style-type: none"> <li>• I can use some dance vocabulary to identify strengths and weaknesses and suggest improvements.</li> </ul>

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<b>Year 5</b>	<ul style="list-style-type: none"> <li>• I can demonstrate all key actions with control and strength</li> <li>• I can attempt more complex actions using flexibility and balance</li> </ul>	<ul style="list-style-type: none"> <li>• I can create a sequence of actions using change in formation and level</li> <li>• I can choreograph dance that communicates feelings and emotions</li> </ul>	<ul style="list-style-type: none"> <li>• I can perform with confidence with audience awareness</li> <li>• I can perform in more than one style of dance</li> <li>• I can perform with expression</li> </ul>	<ul style="list-style-type: none"> <li>• I can evaluate a performance using key vocabulary and giving suggestions on how to improve without prompting.</li> </ul>
<b>Year 6</b>	<ul style="list-style-type: none"> <li>• I can competently demonstrate all key actions with strength and stamina</li> <li>• I can repeatedly demonstrate more complex actions with flexibility and co-ordination</li> </ul>	<ul style="list-style-type: none"> <li>• I can create movement demonstrating changes in speed, rhythm and formations.</li> <li>• To create dance showing awareness of all aspects of choreography (unison, canon, spatial awareness etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• I can perform confidently to a range of audience with expression and focus</li> <li>• I can perform confidently in a range of styles being aware of my dynamics</li> </ul>	<ul style="list-style-type: none"> <li>• I can competently evaluate a performance</li> </ul>

This document was created by Sally Harrington from Northern Arts Factory. The company offers CPD for teachers and workshops in schools. For more information please visit [www.northernartsfactory.co.uk](http://www.northernartsfactory.co.uk) email: [getintouch@northernartsfactory.co.uk](mailto:getintouch@northernartsfactory.co.uk)