

# Dance -progression through school

[Based on units 1 and 2 for Dance, PE Hub]

R	<ul style="list-style-type: none"><li>• Recognise that actions can be reproduced in time to music; beat patterns and different speeds.</li><li>• Perform a wide variety of dance actions both similar and contrasting.</li><li>• Copy, repeat, and perform simple movement patterns.</li><li>• Count and move to beats of 8.</li><li>• Copy and repeat movement patterns.</li><li>• Work as an individual, in partners, and as a group.</li></ul>
1	<ul style="list-style-type: none"><li>• Respond to a range of stimuli and types of music</li><li>• Explore space, direction, levels and speeds</li><li>• Experiment creating actions and performing movements with different body parts</li><li>• Able to build simple movement patterns from given actions</li><li>• Compose and link actions to make simple movement phrases</li><li>• Respond appropriately to supporting concepts such as canon and levels</li></ul>
2	<ul style="list-style-type: none"><li>• Describe and explain how performers can transition and link shapes and balances</li><li>• Perform basic actions with control and consistency at different speeds and on different levels</li><li>• Challenge themselves to move imaginatively responding to music</li><li>• Work as part of a group to create and perform short movement sequences to music</li><li>• Perform using more sophisticated formations as well as an individual</li><li>• Explore relationships through different dance formations</li><li>• Explain the importance of emotion and feeling in dance</li><li>• Use the stimuli to copy, repeat and create dance actions and motifs</li></ul>
3	<ul style="list-style-type: none"><li>• Practise different sections of a dance aiming to put together a performance</li><li>• Perform using facial expressions</li><li>• Perform with a prop</li><li>• Building stylistic qualities of Barn Dance through repetition and applying movement to own bodies</li><li>• Building basic creative choreography skills in travelling, dynamics and partner work in the specific style of Barn Dance.</li></ul>
4	<ul style="list-style-type: none"><li>• Work to include freeze frames in routines</li><li>• Practise and perform a variety of different formations in dance</li><li>• Develop a dance to perform as a group with a set starting position</li><li>• Developing choreography and devising skills in relation to a theme</li><li>• Exploring dynamic quality and formations to communicate character</li><li>• Concentrating on one simple theme throughout and linking all activities to the communication of this to an audience</li></ul>
5	<ul style="list-style-type: none"><li>• Perform different styles of dance fluently and clearly.</li><li>• Refine &amp; improve dances adapting them to include the use of space rhythm &amp; expression.</li><li>• Worked collaboratively in groups to compose simple dances.</li><li>• Recognise and comment on dances suggesting ideas for improvement.</li><li>• Using professional examples to inspire ideas for explosive action.</li></ul>

	<ul style="list-style-type: none"><li>• Owning and exploring new movement possibilities.</li><li>• Work with devices to add interest to action and explore different types of jumps.</li></ul>
6	<ul style="list-style-type: none"><li>• Work collaboratively to include more complex compositional ideas</li><li>• Develop motifs and incorporate into self-composed dances as individuals, pairs &amp; groups</li><li>• Talk about different styles of dance with understanding, using appropriate language &amp; terminology</li><li>• Developing group devices and greater use of teamwork.</li><li>• Demonstrating narrative through contact and relationships</li><li>• Showing tension through pattern and formation</li></ul>