



ABINGDON PRIMARY SCHOOL DANCE PROGRESSION

	Y1	Y2	Y3	Y4	Y5	Y6
<p style="font-size: 1.2em; color: #0070C0; margin: 0;">SKILLS/ OBJECTIVES</p> <p style="font-size: 2em; color: #0070C0; margin: 20px 0 0 0;">Dance</p>	<p>Use changes in speed, direction & level</p> <p>Repeat and copy body shapes</p> <p><i>Know that they need to warm up and cool down after dance</i></p>	<p>Demonstrate a variety of moving</p> <p>Control of body</p> <p>Co-ordination</p> <p><i>Know how their body feels after dance activities</i></p> <p><i>Know where their heart is and understand why it beats faster when exercising</i></p>	<p>Use canon and unison</p> <p><i>Show imaginative response to stimuli through choice of movement.</i></p> <p><i>Explore and develop new actions whilst working with a partner or small group</i></p> <p><i>Perform with expression</i></p>	<p>Can structure and perform dances</p> <p><i>Show imaginative response to stimuli through choice of movement – be able to refine and repeat within a dance</i></p> <p><i>Identify and use a range of actions whilst working with a partner or small group</i></p> <p><i>Perform with expression</i></p>	<p>Adapt and refine the way they use weight, space and rhythm in their dances</p> <p>Perform different styles of dance clearly and fluently</p> <p><i>Vary and combine spatial patterns, speed, tension and continuity on own / with others.</i></p>	<p><i>Explore, improvise and choose appropriate material to create new motifs in chosen dance style</i></p> <p><i>Use exercises that stretch and tone bodies and help them prepare for dance</i></p>

<p>KNOWLEDGE/ THINKING</p>	<p>Describe & explain movements self & others</p> <p>Create & repeat phrases with beginning middle & end</p>	<p>Create a phase with spatial awareness & greater control</p> <p>Experiment with actions, directions and levels</p> <p>Describe phrases and say what they liked and why</p>	<p>Clear order with clear start / finish</p> <p><i>Link actions to make dance phrases with partner</i></p> <p><i>Use language to describe choice of movement.</i></p> <p><i>Recognise unison and canon</i></p> <p><i>In simple language, explain why they need to warm up and cool down</i></p>	<p>Can link actions</p> <p>Can describe and make suggestions to improve dance</p> <p><i>Link actions to make dance phrases with group</i></p> <p><i>Recognise unison and canon and suggest improvements</i></p>	<p><i>Think about character and narrative ideas created by stimulus</i></p> <p><i>Use the following to create motifs; action and reaction, question and answer.</i></p> <p><i>Practise and combine longer and more complex phrases.</i></p> <p><i>Describe and interpret dance styles using appropriate vocabulary.</i></p>	<p>To explore, improvise and choose appropriate stimulus to create new motifs in chosen dance style</p> <p><i>Compose, develop and adapt motifs to make dance phrases and use these in longer dance</i></p> <p><i>Use appropriate terminology, recognise and describe different styles in their own and others' dances and suggest how they can improve</i></p> <p><i>Using appropriate terminology explain relationship between dance and music</i></p>
<p>POSSIBLE END POINTS</p>						
<p>SOCIAL AND EMOTIONAL</p>	<p>Respond in movement to Stimuli</p> <p>Music , pictures objects</p>	<p>Communicate: mood / feelings / ideas</p> <p>Being able to work with a partner</p> <p>Describe how the dance makes them feel</p>	<p>Describe what makes a good dance phrase</p> <p><i>Show an awareness of others</i></p> <p><i>Sustain their effort in their dances</i></p>	<p>Can respond imaginatively to create movement</p> <p>Can structure dance phrases with a group</p> <p>Can work with others to refine and practise</p> <p><i>Show an awareness of themselves, others and audience</i></p>	<p>Compose motifs and plan dances creatively and collaboratively</p> <p><i>Choose appropriate warm up and cooling down activities.</i></p> <p><i>Suggest how performances can be improved, so they communicate more effectively</i></p>	<p>To explain the relationship between dance and music</p>