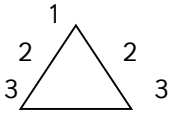


Dance Progression

| Areas | Nursery | Reception | Year One | Year Two |
|--|---|---|--|--|
| <u>Sequence</u> | <ul style="list-style-type: none"> I can show an awareness of musical time, pace, rhythms, and mood I can copy and repeat some basic dance actions I can respond to a range of stimuli such as stories, songs, music and voice I can express ideas and feeling through dance movements I can travel on my feet in a variety of ways with changes of speed and levels I can travel with some control and co-ordination | <ul style="list-style-type: none"> I can respond to a range of stimuli such as stories, songs, music, and voice and represent their feelings. I can copy a simple phrase and perform a short dance with a planned structure To recognise repeated sounds and sound patterns and match movements to music | <ul style="list-style-type: none"> I can copy and explore basic actions with some control and coordination I can respond to stimuli using dance actions I can link and repeat basic actions to copy or create and perform a movement phrase in a controlled manner with a beginning, middle and end. I have begun to choose and link basic actions and I can recognise and use space appropriately exploring dynamic and expressive qualities. I can show an awareness of dynamic, expressive and rhythmic qualities in my dance. | <ul style="list-style-type: none"> I can perform actions with control and coordination. I can explore actions in response to stimuli I can create and perform a short sequence with clear beginning, middle and end, then adapt to include apparatus and/or a partner/group. I can select simple actions to construct basic sequences; varying dynamics, levels, speed and direction. I can choose actions with different dynamic qualities to make a dance phrase that expresses an idea, mood or feeling. |
| <u>Motif –</u> combination of dance actions (elevation/fall/gesture/ stillness/turn/travel) | <ul style="list-style-type: none"> I can copy simple shapes with my body | <ul style="list-style-type: none"> I can copy simple shapes with my body and create some of my own | <ul style="list-style-type: none"> I can learn and perform a short motif including some of the dance actions | <ul style="list-style-type: none"> I can create and perform a short motif including some of the dance actions |
| <u>Freeze Frame</u> | <ul style="list-style-type: none"> I can start and stop on a | <ul style="list-style-type: none"> I can perform a freeze frame | <ul style="list-style-type: none"> I can perform a freeze frame | <ul style="list-style-type: none"> I can perform and link |

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| | given signal and listen to instructions | | using three different levels (low/medium/high) | different freeze frames using three different levels (low/medium/high) |
| <u>Partner work</u> | <ul style="list-style-type: none"> I can move with some confidence and imagination with a partner | <ul style="list-style-type: none"> I can copy my partner to make a mirror image | <ul style="list-style-type: none"> I can work with a partner to create reflection work (up/down, left/right, wide/narrow) | <ul style="list-style-type: none"> I can work with a partner to create contrasting shapes using opposites (up/down, left/right, wide/narrow) |
| <u>Group Work - Canons</u> | <ul style="list-style-type: none"> I am aware of others in my group and can perform together. | <ul style="list-style-type: none"> I can perform in a group <p>E.g. Circle canon pass the action on like the Mexican wave</p> | <ul style="list-style-type: none"> I can perform in a group <p>E.g. Line canon – pass along, smallest to tallest, ABABA – A's start leaning to one side and B the other.</p> | <ul style="list-style-type: none"> I can perform in a group <p>Triangle-</p>  <p>Each number does a different action</p> |
| <u>Understanding</u> | <ul style="list-style-type: none"> I can show an awareness of others I am beginning to realise how I feel after exercising. I know exercise is good for me. I can talk about what I liked | <ul style="list-style-type: none"> I know how to work with others kindly I know exercise is good for health. I can talk about how my body feels after exercise I can talk about what I liked | <ul style="list-style-type: none"> I am beginning to understand fairness and respect I understand some reasons why we warm up and cool down. I can recognise changes in the body during exercise such as feeling hot and thirsty. I can talk about exercising, safety and short term effects of exercise. I can watch and discuss my | <ul style="list-style-type: none"> I understand the need for warm up and cool down, and also what is happening to my body during exercise. I can recognise a change in temperature and heart rate during exercise. I understand the importance of exercising, safety and short term effects of exercise. I can watch others perform |

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| | | | own and peers work. | and discuss what worked well and use this to focus on specific actions to improve their own skills. |
| <u>General Things to look for:</u> | <ul style="list-style-type: none"> • Children pointing their toes • Stretching their arms • Good body posture • If walking on their toes, arms up • Straight legs • Straight arms • Fingers stretched • Heads up • Landing correctly | | | |