

## Dance Progression of Skills

<u>Nursery</u>	<u>Reception</u>	<u>Year One</u>	<u>Year Two</u>
<p>Fundamental Movement Skills jumping, hopping, crawling, roll, stretching, sliding, balancing, walking and side stepping</p> <p><b>Compose</b></p> <ul style="list-style-type: none"> <li>Spontaneously respond to a variety of stimuli through movement</li> <li>Move with appropriate actions in response to a stimulus</li> <li>Explore and develop control of movement using:</li> </ul> <p><b>Actions (WHAT)</b> – walk, jump, land, hop, skip, stretch, twist, turn</p> <p><b>Space (WHERE)</b> – forwards, sideways, backwards, high, low, safely showing an awareness of others</p> <p><b>Relationships (WHO)</b> – on own and beginning to interact with a partner</p> <p><b>Dynamics (HOW)</b> – slowly, quickly, smoothly, jerkily</p> <p><b>Perform</b></p> <ul style="list-style-type: none"> <li>Show interest by observing or participating in dance activities</li> <li>Maintain attention and concentration when exploring dance activities</li> <li>Copy and repeat dance actions</li> </ul> <p><b>Appreciate</b></p> <ul style="list-style-type: none"> <li>Demonstrate an appropriate response to a stimulus</li> <li>Express and communicate feelings and preferences in own dance</li> </ul>	<p>Continue to develop Fundamental Movement Skills</p> <p><b>Compose</b></p> <ul style="list-style-type: none"> <li>Move with appropriate actions and timing in response to a stimulus</li> <li>Explore and develop control of movement using:</li> </ul> <p><b>Actions (WHAT)</b> – walk, jump, land, hop, skip, stretch, twist, turn</p> <p><b>Space (WHERE)</b> – forwards, backwards, sideways, high, low, safely showing an awareness of others</p> <p><b>Relationships (WHO)</b> on own and beginning to interact with a partner</p> <p><b>Dynamics (HOW)</b> – slowly, quickly, smoothly, jerkily</p> <ul style="list-style-type: none"> <li>Begin to use own ideas to sequence dance</li> <li>Begin to sequence and remember a short dance</li> </ul> <p><b>Perform</b></p> <ul style="list-style-type: none"> <li>Display high levels of involvement in exploring and performing dance movements</li> <li>Maintain attention and concentration when exploring and performing in dance activities</li> <li>Demonstrate a rhythmical response which shows increasing co-ordination, strength and control</li> <li>Self-initiate dance performance</li> <li>Express feelings through movement</li> <li>Copy and repeat dance actions</li> </ul> <p><b>Appreciate</b></p> <ul style="list-style-type: none"> <li>Demonstrate an appropriate response to a stimulus</li> <li>Describe simple dance actions using the appropriate vocabulary</li> <li>Express and communicate feelings and preferences in own and others' dance</li> </ul>	<p><b>Core Task – Moving Along</b></p> <p>Create a short dance performance on the theme of travel, individually and in pairs.</p> <p><b>Core Task – Themes and Dreams</b></p> <p>Create, perform and share short dances based on a theme of own choice.</p> <p><b>Compose</b></p> <ul style="list-style-type: none"> <li>To develop control and confidence in their agility, balance and co-ordination, individually and with others.</li> <li>Respond appropriately to a variety of stimuli through movement.</li> </ul> <p><b>Actions (WHAT)</b> – travel, stretch, jump</p> <p><b>Space (WHERE)</b> – forwards, backwards, sideways, high, low, safely showing an awareness of others</p> <p><b>Relationships (WHO)</b> – on own and with a partner</p> <p><b>Dynamics (HOW)</b> – slowly, quickly, with appropriate expression</p> <ul style="list-style-type: none"> <li>Use own ideas to sequence dance</li> <li>Sequence and remember a short dance</li> </ul> <p><b>Perform</b></p> <ul style="list-style-type: none"> <li>Move spontaneously showing some control and co-ordination</li> <li>Move with confidence when walking, hopping, jumping, landing</li> <li>Begin to move in time with music</li> <li>Co-ordinate arm and leg actions e.g. march and clap</li> </ul> <p><b>Appreciate</b></p> <ul style="list-style-type: none"> <li>Use imagination in dance activities</li> <li>Respond in a variety of ways through movement to a range of stimuli</li> <li>Respond to own work when exploring ideas, feelings and preferences</li> <li>Recognise that dance is an enjoyable activity</li> <li>Recognise the changes in the body when dancing and how this can contribute to keeping healthy</li> </ul>	<p><b>Core Task – Cat Dance</b></p> <p>Create a short dance performance on the theme of house cats. Express moods, ideas and feelings, individually, in pairs and groups of three.</p> <p><b>Core Task – How Does It Feel?</b></p> <p>Create and perform a short dance, using rhythm, expressive and dynamic qualities to show different moods, ideas and feelings.</p> <p><b>Compose</b></p> <ul style="list-style-type: none"> <li>Become increasingly competent and confident in extending their agility, balance and co-ordination, individually and with others in increasingly challenging situations.</li> <li>To move with appropriate actions (using simple movement patterns) in time to music.</li> </ul> <p><b>Actions (WHAT)</b> – travel, stretch, twist, turn, jump</p> <p><b>Space (WHERE)</b> – forwards, backwards, sideways, high, low, safely showing an awareness of others</p> <p><b>Relationships (WHO)</b> – on own and with a partner by teaching each other 2 movements to create a dance with 4 actions</p> <p><b>Dynamics (HOW)</b> – slowly, quickly, with appropriate expression</p> <ul style="list-style-type: none"> <li>Use own ideas to sequence dance</li> <li>Sequence and remember a short dance</li> <li>Show the spatial awareness to make the transition from whole group/solo dance to duet and back to whole group/solo</li> </ul> <p><b>Perform</b></p> <ul style="list-style-type: none"> <li>Move with rhythm when: walking, hopping, jumping, landing</li> <li>Demonstrate good balance, which comes from an increasing awareness, control and strength in the core when bending, stretching, twisting and turning</li> <li>Move in time with music</li> <li>Interacts with a partner e.g. holding hands, swapping places, meeting and parting</li> </ul> <p><b>Appreciate</b></p> <ul style="list-style-type: none"> <li>Use imagination in dance activities</li> <li>Respond in a variety of ways through movement to a range of stimuli</li> <li>Respond to own work and that of others when exploring ideas, feelings and preferences</li> <li>Recognise that dance is an enjoyable activity and recognise the changes in the body when dancing and how this can contribute to keeping healthy</li> </ul>

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