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|  | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Skills | I can move when I hear music.I can use simple movement patterns.I can move my body in my place and I can move my body around the room.I can copy and repeat simple actions.I can use different levels and speeds.I can change and vary direction.I can perform a simple dance phrase with my class. | I can link movements to form a simple dance phrase.I can repeat, remember and perform simple dance phrases.I can repeat, remember and add on to a simple dance phrase.I can comment on others dance performance. | I can change and vary simple actions shown.I can put together ideas for a dance.I can create dance phrases with a partner.I can apply basic techniques such as contrast and mirroring.I can show canon and unison with a partner. | I can show a range of movement patterns.I can show greater fluency and control in my dance moves.I can show a sense of rhythm and style when performing.I can show mood and feeling in dance.I can develop character and narrative ideas.I can evaluate my own and other’s dances. | I can show different dance styles.I can perform specific motifs for different dance styles.I can plan dances creatively and collaboratively in groups. | I can perform dances from other times, places and cultures.I can perform dances fluently and with good control.I can show creativity and imagination in my movements.I can help others to refine and structure dance. |
| Knowledge | To know dance is a response to music through movement. | To know dance is a series of linked movements. | To know the terms contrast and mirroring.To know the terms canon and unison. | To know dance can be a form of expression of moods and feelings.To know dance can be used to tell a story or idea. | To know and confidently use the term choreography.To know the names of the different dance styles. | To know the dances from different eras in history.To know dances from different cultures. |