

Stukeley Federation  
PE Curriculum Progression

Dance	EYFS	KS1		KS2			
		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Acquire and develop ideas	Development matters - Reception	Explore actions in response to stimuli	Respond imaginatively to a range of stimuli related to character and narrative	Respond to a range of stimuli and accompaniment			
	Revise and refine the fundamental movement skills they have already acquired - Rolling Crawling Walking Jumping Running Hopping Skipping Climbing	Know and perform the basic dance actions with some understanding of mood and feeling in relation to the dance idea  Go and stop in control and perform body actions with control and co-ordination  Explore ideas, moods and feelings	Perform the basic actions and dances clearly and fluently  Perform with expression and sensitivity to the dance idea and the accompaniment  Copy, refine and repeat dance phrases	Perform the basic dance actions with increased control, co-ordination, fluency and accuracy  Perform with expression and improvise freely using a range of continuous movements and patterns  Perform set dances from different times, places and customs			
Select, apply and make choices	Progress towards a more fluent style of moving, with developing control and grace	Choose and link appropriate actions to make short dance phrases and simple structures	Know how to begin to develop movement	Select and use a range of compositional ideas to create motifs that demonstrate their dance ideas			
	Develop the overall body strength, co-ordination, balance and agility needed to engage	Work in pairs using simple partner relationships and compositional skills	Use simple motifs and movements patterns to structure dance phrases on their own or with a partner or in a group	Work collaboratively in small groups to communicate dance ideas and create their work in the context of a whole dance			

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<p>Evaluate and improve</p>	<p>successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming</p> <p>Combine different movements with ease and fluency</p> <p>Develop overall body-strength, balance, co-ordination and agility</p>	<p>Observe each other and themselves dancing</p> <p>Describe dance phrases and what they can see by commenting on what they like and dislike</p> <p>Explore and understand some historical and cultural aspects in dance</p>	<p>Observe themselves and others dancing, begin to comment on what they can see</p> <p>Describe and interpret the dances of other children using appropriate language and suggest how they might be improved</p> <p>Explore, understand and comment on historical and cultural aspects of dance</p>	<p>Observe themselves, each other, and professional artists, and talk about dance with understanding</p> <p>Use appropriate language and terminology</p> <p>Recognise how costume, music and set and art contribute to a performance</p>
<p>Health and well-being</p>	<p>Know and talk about the different factors that support their overall health and well-being</p> <p>Regular physical activity, healthy eating, toothbrushing, sensible amount of 'screen time', having</p>	<p>Know that dance is active and that changes will occur in their bodies and to know how their bodies feel after dance activities</p> <p>Know that they need to warm-up and cool down for dance</p>	<p>Recognise that dance is good actively for health and well-being</p> <p>Show understanding of warming up and cooling down and choose appropriate activities to do so on their own</p>	<p>Describe how dance contributes to fitness and well-being and identify what types of exercise they need to do to help their dancing</p> <p>Explain and apply basic safety principles in preparing for exercise</p>

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	a good sleep routine, being a safe pedestrian			
Vocabulary	Move, safely, healthy, feeling, fast, slow, hot, cold, listen, stop, start, positional language	travel, stillness, direction, space, body parts, levels, speed, explore, copy, describe	+ space, repetition, action and reaction, pattern	+ dance style, technique, pattern, rhythm, variation, unison, canon, action, reaction