

Dance Progression

Early Years

Moving in time to happy and sad music
Experiment with different ways of moving
Experiment with actions at different levels
Moving around as different characters or animals to the music

Year 1

Listen to the music and begin to move in time to it
Perform basic dance movements
Perform dance movements showing some levels
Perform basic dance travelling movements e.g. stepping, skipping, jumping
Perform simple dance moves with some control

Year 2

Move in time to the music showing some expression
Perform dance movements with control
Perform dance movements showing a variety of levels
Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing
Remember simple dance steps, perform with control in time to the music

Year 3

Collaborate to make a dance warm up
Use a stimulus to create a dance
Dance in unison with a partner
Perform in canon with a group
Use some different levels and pathways

Year 4

Cooperate to make a dance warm up and take on a leadership role
Respond imaginatively to a stimulus
Dance in unison with a partner/group performing a range of movement patterns
Perform in canon showing a range of movement patterns
Perform a variety of levels and pathways in a dance

Year 5

Co-operate and collaborate to create a warm up displaying a variety of movement patterns
Translate ideas from a stimulus showing control and fluency
Dance in unison in a group keeping in time with each other
Dance in canon showing good timing
Perform using a variety of levels and using the space

Year 6

Co-operate, communicate and collaborate with a group to make up a warm up with good rhythm and timing
Translate ideas from a stimulus into movement showing expression, precision, control and fluency
Dance in unison in a group showing good timing, energy and strength
Dance in canon in a group showing good timing, energy and strength
Use levels, travelling and space with timing and musicality