

**PE Knowledge and Skills Progression - Dance**

	<b>General</b>		<b>Dance</b>	
	<b>Knowledge</b>	<b>Skills</b>	<b>Knowledge</b>	<b>Skills</b>
Year R	Your breathing changes when you exercise. Exercise helps keep you healthy.	Work individually and with others. Move safely within the space available, showing control over your body.	Chinese Dance – that dragons are used in Chinese dances.	Move confidently in a range of ways, responding to music.
Year 1	Your breathing gets faster when you exercise. You need to warm up before exercise.	Engage in cooperative physical activities. Engage in competitive physical activities against self. Describe your own and others actions. Move confidently and safely within the space available, using change of speed and direction. Begin to develop agility, balance and coordination.	African Dance – at least 3 basic African dance moves. Victorian Drill – at least 3 basic Victorian drill movements.	Explore movement ideas and respond imaginatively to a range of stimuli. Move confidently and safely in their own and general space, using changes of speed, level and direction. Compose and link movement to make simple dances with clear beginnings, middles and ends. Perform movement phrases using a range of body actions and body parts.
Year 2	Your heart beats faster when you exercise. You need to cool down after exercise.	Engage in competitive physical activities against others. Describe the differences in your own and others work. Use what you have learned to improve the quality and control of your own work. Develop agility, balance and coordination.	African Dance – at least 5 basic African dance moves. Victorian Drill – at least 5 basic Victorian drill movements.	Perform dances using simple movement patterns. Explore, remember, repeat and link a range of actions with co-ordination, control and an awareness of the expressive qualities of dance. Compose and perform dance phrases and short dances that express and communicate. Explore moods, ideas and feelings, choosing and varying simple compositional ideas.
Year 3	Your breathing gets faster when you exercise because your body needs more exercise. A warm up includes stretching and aerobic exercise. Warming up helps get your body ready for exercise. Cooling down helps your body recover after exercise. Exercise is good for your fitness, health and wellbeing.	Compare your own work to others commenting on similarities and differences. Suggest improvements in your own and others work. Suggest suitable activities for a warm up. Demonstrate agility, balance and co-ordination.	African Dance – at least 7 basic African dance moves. Victorian Drill – at least 7 basic Victorian drill movements.	Improvise freely on their own and with a partner, translating ideas from a stimulus into movement. Create and link dance phrases using a simple dance structure or motif. Perform dances with an awareness of rhythmic, dynamic and expressive qualities, on their own, with a partner and in small groups.
Year 4	Your heart beats faster when you exercise because your body needs more oxygen. Warming up helps get your muscles, lungs and heart ready for exercise. Cooling down helps your muscles, heart and lungs recover after exercise.	Compare your work to others' and use this comparison to improve your performance. Suggest suitable activities for a cool down. Consistently demonstrate agility, balance and co-ordination. Begin to develop flexibility, strength, technique and control.	Street Dance – at least 3 basic street dance moves. Latin American Dance – at least 3 Latin American Dance moves.	Start to show some understanding of composition ideas. Explore and create characters and narratives in response to a range of stimuli. Use simple choreographic principles to create motifs and narrative. Perform complex dance phrases and dances that communicate character and narrative.
Year 5	When you exercise your muscles need more oxygen. Your breath faster and deeper to get more oxygen into your lungs. The oxygen transfers into your blood stream. Your heart pumps faster and deeper to get the oxygen round your body to the muscles where it is needed. Stretching helps prepare your muscles for exercise. Aerobic activity helps prepare your lungs and heart for exercise.	Evaluate and recognise your own success. Compare and comment on skills, techniques and ideas used in your own and others work. Organise your own warm-up and cool-down activities to suit different activities. Develop flexibility, strength, technique and control.	Street Dance – at least 5 basic street dance moves. Latin American Dance – at least 5 Latin American Dance moves. Compositional devices – changes in level and direction. Performance techniques – mirror images, in cannon.	Explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group. Compose dances by using adapting and developing steps, formations and patterning from different dance styles. Perform dances expressively, using a range of performance skills.
Year 6	When you exercise lactic acid builds up in your muscles. Too much of this causes cramp.	Compare your performances with previous ones and demonstrate improvement to achieve personal best. Analyse and comment on skills and techniques and how these are applied in your own and others' work. Lead warm up and cool down activities for others. Demonstrate flexibility, strength, technique and control.	Street Dance – at least 7 basic street dance moves. Latin American Dance – at least 7 Latin American Dance moves. Compositional devices – changes in speed. Performance techniques – call and response.	Perform dances using a range of movement patterns. Show an understanding of compositional elements and the use of speed, level and direction by varying responses to different activities. Explore, improvise and combine movement ideas fluently and effectively create and structure motifs, phrases, sections and whole dances. Begin to use basic compositional principles when creating their dances.