Progression Journey **Dance**

These units link to the following strands of the NC:

KS1: Perform dances using simple movement patterns.

KS2: Perform dances using a range of movement patterns.

EYFS

- Copy basic body actions and rhythms.
- Choose and use travelling actions, shapes and balances.
- Travel in different pathways using the space around them.
- Begin to use dynamics and expression with guidance.
- Begin to count to music.

1

- Copy, remember and repeat actions.
- Choose actions for an idea.
- Use changes of direction, speed and levels with guidance.
- Show some sense of dynamic and expressive qualities.
- Begin to use counts.

2

- Copy, remember and repeat a series of actions.
- Select from a wider range of actions in relation to a stimulus.
- Use pathways, levels, shapes, directions, speeds and timing with guidance.
- Use mirroring and unison when completing actions with a partner.
- Show a character through actions, dynamics and expression.
- Use counts with help to stay in time with the music.

3

- Copy remember and perform a dance phrase.
- Create short dance phrases that communicate an idea.
- Use canon, unison and formation to represent an idea.
- Match dynamic and and expressive qualities to a range of ideas.
- Use counts to keep in time with a partner and group.

4

- Copy, remember and adapt set choreography.
- Choreograph considering structure individually, with a partner and in a group.
- Use action and reaction to represent an idea.
- Change dynamics to express changes in character or narrative.
- Use counts when choreographing short phrases.

5

- Accurately copy and repeat set choreography in different styles of dance showing a good sense of timing.
- Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus.
- Confidently perform choosing appropriate dynamics to represent an idea.
- Use counts accurately when choreographing to perform in time with others and the music.

6

- Perform dances confidently and fluently with accuracy and good timing.
- Work creatively and imaginatively individually, with a partner and in a group to choreograph longer phrases and structure dance considering actions, space, relationship and dynamics in relation to a theme.
- Improvise and combine dynamics demonstrating an awareness of the impact on performance.
- Use counts when choreographing and performing to improve the quality of work.