



# Dance - Progression of Knowledge and Skills

	EYFS	KS1	LKS2	UKS2
<b>Skills</b>	<ul style="list-style-type: none"> <li>Move around in different ways to different types of music changing speeds more movement depending on the music.</li> <li>Learn basic dancing moves and copy.</li> <li>Perform a dance as a group or class.</li> </ul>	<ul style="list-style-type: none"> <li>By listening to the music clap or count the beats of 8.</li> <li>Copy movement given, able to dance keeping time with the music and know which action or dance move come next.</li> <li>Perform a dance as a class or group to an audience</li> </ul>	<ul style="list-style-type: none"> <li>Learn a dance with technical movements changing speed and position or different action happening at the same time.</li> <li>Create in a small group a mini dance to add to the class performance keeping to the theme of dance.</li> <li>When working in a group work together sharing ideas.</li> <li>Perform dance to an audience and receive and give feedback on other groups performances</li> </ul>	<ul style="list-style-type: none"> <li>Create a dance from the beginning to end in their groups. Keeping with the theme of their music.</li> <li>Perform and evaluate themselves and groups performance.</li> <li>Organise and work as part as a team to create dance sharing ideas and knowledge.</li> <li>When performing keep in time with the music and know which section comes next.</li> </ul>
<b>Knowledge</b>	<ul style="list-style-type: none"> <li>Show rhythm by listening to the music.</li> <li>Spatial awareness is important to travel around the room and around others.</li> <li>Understand that music changes speed and that movement can match it.</li> <li>You can use different parts of the body to move with.</li> <li>Copying moves can create a dance sequence.</li> <li>Your body can create shapes to form moves.</li> </ul>	<ul style="list-style-type: none"> <li>Focus and concentration is needed when dancing.</li> <li>Dance can be thought of as a narrative.</li> <li>It is important to stretch and staying hydrated.</li> <li>Movements can be sequenced to create a dance.</li> <li>There is 'strong' and 'light' music and there are strong and light movements.</li> <li>There are different levels and directions within a space.</li> <li>When dancing with a partner it is important to be aware of each other and keep time.</li> <li>To know you can use different parts of your body within a dance sequence.</li> <li>To know that changing rhythm and speed can enhance a dance performance and change how the choreography looks.</li> <li>To use the correct terminology for body parts involved in dance routines.</li> <li>To know that you can change levels and direction throughout a sequenced dance routine.</li> <li>To know you can use repetition and patterns within dance sequences.</li> </ul>	<ul style="list-style-type: none"> <li>Knows how to improvise freely and translate ideas from a stimulus into movement.</li> <li>Share and create phrases with a partner/small group</li> <li>Know that they can coordinate different body parts at the same time to create a dance.</li> <li>Can understand that they can create shapes at different levels to ensure a varied routine.</li> <li>Can use everyday movements (running, jumping etc) to create dance moves.</li> <li>Knows how to compose own dances in a creative way.</li> <li>Perform dance to an accompaniment devising the sequence to take account of rhythm and style of music.</li> <li>Dance shows clarity, fluency, accuracy and consistency.</li> <li>Shows increasing knowledge of a varying number of styles of dance.</li> <li>Chooses appropriate style of dance/movements/sequencing as appropriate to the music.</li> <li>Knows the impact of that increase poise, balance and coordination can make to a dance performance and apply this when moving and stopping within a sequence.</li> <li>Knows the importance of warming up specific muscle groups in preparation for dance, as well as cooling down.</li> <li>Knows that dance can communicate feelings and narratives.</li> <li>Knows and can state which aspects of own performance were particularly strong and which they could improve on.</li> </ul>	<ul style="list-style-type: none"> <li>Knows how to compose own dances in a creative way, individually, with a partner and within a small group.</li> <li>Perform dance to an accompaniment devising the sequence to take account of rhythm and style of music and mood of the piece.</li> <li>Dance shows clarity, fluency, accuracy and consistency of movement.</li> <li>Develop sequences in a specific style of dance.</li> <li>Choose own music and style.</li> <li>Knows the impact of that increased poise, balance and coordination can make to a dance performance and apply this when moving and stopping within a sequence at different levels within the space.</li> <li>Knows the importance of warming up specific muscle groups in preparation for dance, as well as cooling down.</li> <li>Knows that dance can communicate an idea, as well as feelings and narratives.</li> <li>Knows and can state which aspects of own and others' performance were particularly strong and which they could improve on.</li> <li>Knows how to develop sequences in a specific style.</li> </ul>
<b>Vocabulary</b>	Move, copy, shape, space, safely, around, travel, sideways, forwards, backwards	Counts, pose, level, slow, fast, balance Mirror, action, pathway, direction, speed, timing	Flow, explore, create, perform, match, feedback, expression, reaction, unison, represent, dynamics, control	Posture, canon, formation, performance, relationship, phrase, structure, connect, choregraph, contrast, fluently

## National Curriculum Link

- Perform dances using a range of movement patterns.
- Compare their performance with previous one and demonstrate improvement to achieve their personal best.