



Dance - Progression of Key Skills

Reception	Year 1	Year 2
Moving in time to happy and sad music	Listen to the music and begin to move in time to it	Move in time to the music showing some expression
Experiment with different ways of moving	Perform basic dance movements	Perform dance movements with control
Experiment with actions at different levels	Perform dance movements showing some levels	Perform dance movements showing a variety of levels
Moving around as different characters or animals to the music	Perform basic dance travelling movements e.g. stepping, skipping, jumping	Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing
	Perform simple dance moves with some control	Remember simple dance steps perform with control in time to the music

Year 3	Year 4	Year 5	Yr 6
Collaborate to make a dance warm up	Cooperate to make a dance warm up and take on a leadership role	Co-operate and collaborate to create a warm up displaying a variety of movement patterns	Co-operate, communicate and collaborate with group to make up a warm up with good rhythm and timing
Use a stimulus to create a dance	Respond imaginatively to a stimulus	I can translate ideas from a stimulus showing control and fluency	I can translate ideas from a stimulus into movement showing expression, precision, control and fluency
Dance in unison with a partner	Dance in unison with a partner/group	Dance in unison in a group keeping in time with each other	Dance in unison in a group showing good timing, energy and strength
Perform canon with a group	Perform canon showing a range of movement patterns	Dance in canon showing good timing	Dance in canon in a group showing good timing, energy and strength
Use some different levels and pathways	Perform a variety of levels and pathways in a dance	Perform using a variety of levels and using the space	Use levels, travelling and space with timing and musicality