Progression of Dance Skills in Primary

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance Skills	Copy basic movement phrases Join a range of different movements together Moves freely and with pleasure in a range of ways such as slithering, skipping, rolling, crawling, walking, running, jumping, skipping, sliding and hopping Explore balancing with different feet .	Copy & repeat actions. Explores different movements Can use simple movement patterns Moves freely and with awareness in a range of ways such as, slithering, skipping, rolling, crawling, walking, running, jumping, skipping, sliding and hopping Can explore balancing in different ways and levels	Copy, repeat & remember actions. Can link movements to form a simple dance phrase. Moves freely and with confidence in a range of ways such as travelling, galloping, jumping, leaping, skipping, gestures, stillness and rolling Can balance on one leg with control Shows balance, control and coordination in movement	Can change and vary simple actions shown Can link actions to make dance phrases with flow Can show a range of movement patterns **Has built upon previous work in dance at KS1** Moves with flow and confidence using the 6 actions of dance (travel, turn, jump, gesture, stillness, fall) Can demonstrate a range of balances with control Can demonstrate flexibility in movement	Use a wide range of actions and movement phrases Identify and repeat the movement patterns and actions of a chosen dance style. Respond to ideas through a variety of movements. Moves with ease, flair & confidence using the 6 actions of dance (travel, turn, jump, gesture, stillness, fall) Can demonstrate strength & control when moving from one movement to the next	Can show different dance styles Identify and repeat the movement patterns and actions of a chosen dance style Practise and refine dance phrases. Can combine dance actions and perform with confidence Moves with fluency , flair & confidence using the 6 actions of dance (travel, turn, jump, gesture, stillness, fall) Moves with creativity and imagination Can demonstrate strength, flexibility & control when dancing	Perform dances from other times, places and cultures Can combine dance actions and perform with confidence & fluency Identify and repeat the movement patterns and actions of a chosen dance style Moves with individual style and flair, showing confidence throughout Can perform a range movements and challenging skills Can demonstrate strength, flexibility & control when dancing

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Space & Relationships	Change the speed and shapes of their movement. Change the way they move in response to a theme	Can use different Speeds Can use different levels Can demonstrate following and leading	Can change and vary direction Can move into different formations with direction form teacher Can show unison with a partner Can demonstrate mirroring	Can vary the speed of their movement when dancing. Can demonstrate pathways in dance Start to develop spatial awareness Share and create dance phrases with a partner. Start to improvise with a partner Can show cannon with a partner	Explore different pathways, levels, shape and speed. Develop an awareness of space and other around them. Can demonstrate different formations in dance Can show unison in a group Can show cannon within group Demonstrates an understanding of contact work in pairs or groups	Demonstrate an awareness of space and relationships when dancing Use the space effectively to express themselves Use transitions to link motifs smoothly together Can demonstrate contact work with lift work in pairs or groups	Demonstrates awareness of space and relationships and performs a range of patterns with ease, confidence and understanding. Can perform a range of formations Can transition from section to section with ease and spatial awareness Can demonstrate a range of partnering skills with contact work and lifts in pairs and in groups
Musicality & Timing	Listen to the music when dancing	Move in time to the music Begin to understand basic counting in dance Start to move using different qualities or feelings	Understand counting in dance Perform movement with basic rhythm patterns Move using simple dynamics (soft, sharp)	Move with the music demonstrating basic rhythm patterns Perform movement with a basic understanding of timing in dance Apply a dynamics when dancing	Move with timing and rhythm Show sensitivity to the music. Create dance phrases to a range of accompaniments Begin to vary & using different dynamics when dancing	Perform the sequence in time to music Ensure their actions fit the rhythm and feeling of the music. Show a change of pace and timing in their movements. Use dynamics to express and show a feeling or stimulus	Perform the sequence in time to music with expression & sensitivity. Apply a range of different dynamics to convey a feeling or stimulus Use own musicality to connect with the theme or accompaniment

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Creating & Expression	Can respond to themes and feelings Use body to express a feeling or theme with dancing.	Create basic movements in response to a given stimulus. Use body to express a feeling or theme with dancing.	Can respond & create to different Stimuli for dance Create basic movement to communicate a message Can create movement in pairs Begin to demonstrate facial expression	Can create movement to express an idea or feeling Create imaginative dance sequences Start to create character and storytelling Can create movement in pairs & groups	Create dance sequences with fluency and expression. Create motifs from different types of stimuli (visual, audio…) Use characterisation & storytelling performing dances Can create movement pairs & groups	Can create movement that respond to a range of stimuli bringing emotion and empathy into their movements Create individual, partner and group dances that reflect the chosen dance style. Can create movement on own for solo work Demonstrates the ability to improvise with movement	Create longer sequences using a full range of movement that express the given stimulus. Apply characterisation & storytelling when creating movement Improvise with confidence, demonstrating fluency across their sequence
Understanding & Applying	Comment on how they felt in the dance session	Can comment on their own dancing Talk about what others have done Talk about their dance movement and comment on what they see in class	Can comment on their own dancing and use descriptive words Watch and describe what they see in the class Begin to say how they could improve	Watch and describe dance & performance Suggest ideas on how to improve their dancing Use simple dance vocabulary to talk about how they might improve their dances. Understand why we should warm up our bodies before dancing	Use range of descriptive language to describe dance. Can comment on others in dance performance Talk about the differences between their work and that of others. Can mobilise joints & stretch muscles before dancing	Suggest ways to improve / develop their dance Plan dances creatively and collaboratively in groups Explain why they have used particular skills and the effect they have had on their performance Understands the importance of being physically active	Evaluate their own and others' work, suggesting thoughtful and appropriate improvement. Refine & develop their own & others' work Can name basic muscles used in dance movement Understand how dance can keep them healthy

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