

Physical Education Curriculum

Progression Journey – Body Management - Dance



EYFS statutory framework for group and school-based providers EYFS:		These unit link to the following strands of the NC:					
		KS1: perform dances using simple movement patterns.		KS2: perform dances using a range of movement patterns.			
FS1	FS2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Copy basic body actions & rhythms.						Accurately copy and repeat	
To explore different body parts and how they move.	To copy, repeat and explore actions in response to a theme.	Copy, remember and repeat actions.	Copy, remember and repeat a series of actions.	Copy remember and perform a dance phrase	Copy, remember and adapt set choreography.	set choreography in different styles of dance showing a good sense of timing.	Perform dances confidently and fluently with accuracy and good timing.
Choose & use travelling actions, shapes & balances.						Choreograph	Work creatively and Imaginatively
To explore different body parts and how they move and remember and repeat actions.	To explore and remember actions considering level, shape and direction.	Choose actions for an idea.	Select from a wider range of actions in relation to a stimulus.	Create short dance phrases that communicate an idea.	Choreograph considering structure individually, with a partner and in a group.	phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus.	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.
Travel in different pathways using the space			Use pathways, levels,				
To express and communicate ideas through movement exploring directions and levels.	d them. To explore movement using a prop with control and co- ordination.	Use changes of direction, speed and levels with guidance.	shapes, directions, speeds and timing with guidance Use mirroring and unison when completing actions with a partner.	Use canon, unison and formation to represent an idea	Use action and reaction to represent an idea.		
Begin to use dynamics & expression with guidance.			Show a character	Match dynamic and	Change dynamics to	Confidently perform	Improvise and combine
To copy and repeat actions showing confidence and imagination.	To remember and repeat actions moving in time with the music.	Show some sense of dynamic and expressive qualities	through actions, dynamics and expression.	and expressive qualities to a range of ideas.	express changes in character or narrative.	Choosing appropriate dynamics to represent an idea.	dynamics demonstrating an awareness of the impact on performance.
Begin to count to music.		Begin to use counts.	Use counts with help to stay in time with the music.	Use counts to keep in time with a partner and group.	Use counts when choreographing short phrases.	Use counts accurately when choreographing to perform in time with others and the music.	Use counts when choreographing and performing to improve the quality of work.

