Townville Academy

Physical Education Progression Document

Dance

Year Group	Health and fitness	Skills	Application Focus Genre		
			Year A Bollywood	Year B Modern	Year C Street Dance
Nursery	Observe the effects of activity on the body	Move freely and in a range of ways, such as slithering, shuffling, rolling, crawling, walking, jumping, skipping, sliding and hopping.			
		Can stand momentarily on one foot when shown.			
Reception	Describe how the body feels when still and when exercising	I can show good control and coordination in large and small movements.	To develop a performance in a Bollywood style to showcase within the inter-school dance competition.	To develop a performance in a Modern style to showcase within the inter-school dance competition	To develop a performance using the Street Dance style of dance to showcase within the inter-school dance competition
	Show some understanding of good practices with regards to exercise	I can move confidently in a range of ways.			
	Know the importance of physical exercise for good health	I can safely negotiate space.			
		I can join a range of different movements together.			
		I can change the speed of my actions.			
		I can change the style of my movements.			
		I can create a short movement phrase which demonstrates my ideas.			
		I can control my body when performing a series of movements.			
		I can talk about what I have done.			
		I can talk about what others have done.			
Year 1	Describe how the body feels, before, during and after exercise.	I can copy and repeat actions.	To develop a performance in a Bollywood style to showcase within the inter-school dance competition	To develop a performance in a Modern style to showcase within the inter-school dance competition	To develop a performance using the Street Dance style of dance to showcase within the inter-school dance competition
	Explain the importance of physical exercise for good health.	I can develop a *motif* and use this throughout a dance.			
		I can put a sequence of actions together to create a *motif.*			
		I can vary the speed of my actions.			

		I can use simple choreographic devices such as unison, canon and mirroring.			
		I can begin to improvise independently to create a simple dance.			
		I can perform using a range of actions and body parts with some coordination.			
		I can begin to perform learnt skills with some control.			
		I can watch and describe performances.			
		I can begin to say how dance could be improved.			
Year 2	Recognise and describe how the body feels during and after physical exercise.	I can copy, remember and repeat actions.	To develop a performance in a Bollywood style to showcase within the inter-school dance competition	To develop a performance in a Modern style to showcase within the inter-school dance competition	To develop a performance using the Street Dance style of dance to showcase within the inter-school dance competition
	Explain what they need to stay healthy.	I can create a short motif inspired by a stimulus.			
	I understand safe activity starts with a warm-up and ends with a cool down	I can change the speed and level of my actions.			
		I can use simple choreographic devices such as unison, canon and mirroring, with increasing control.			
		I can use different transitions within a dance motif.			
		I can move in time to the music.			
		I can improve the timing of my actions.			
		I can perform sequences of my own composition with coordination.			
		I can perform learnt skills with increasing control.			
		I can compete against myself and others.			
		I can watch and describe performances, and use what I see to improve my own performance.			
		I can talk about the differences between my work and that of others.			

* A motif can be a single movement or a phrase of movement.