

Dance – Progression Document

Year 1	Can explore movements
	Can move confidently and safely
	Can perform phrases
	Can recognise how their body feels after exercise
	Can discuss dance ideas
Year 2	Can explore, remember and repeat dance actions
	Can compose and perform dance and short phrases
	Can describe how different dance movements make them feel
	Can watch and describe dance phrases and dances and use what they learn to improve
	Choose appropriate movements to communicate mood, feelings and ideas
Year 3	Can improvise freely on their own or with a partner.
	Attempt to translate abstract ideas into a dance, including moods, feelings and ideas independently
	Can create and link phrases using a simple dance structure.
	Can perform dances with an awareness of rhythm on their own or in a group.
Year 4	Can confidently translate abstract ideas into a dance
	Use composed dances as a stimulus to create smaller routines
	Can explain the importance of warming up
	Can evaluate their own and others performances and comment on improvements
Year 5	Can explore ideas from different dance styles.
	Can compose imaginative dance sequences and perform them expressively.
	Can organise their own warm up and cool down to suit activities.
	Can understand why it's important to warm up.
	explore and create characters and narratives through interpretive dance
Year 6	Can explore, improvise and combine movements.
	Can create multiple structures in various sections of dance.
	Can understand why dance is good for fitness.
	Can comment on their own work and the work of others. Using feedback to improve
	Identify the muscles being warmed up during stretches