PE Curriculum Journey

Dance

Reception

I can copy my teacher and clap a beat.

I can use actions to tell a story.

I can link two actions together to make a sequence.

Year 1

I can copy my teacher and begin to move in time to the music.

I can work in a small group or with a partner to copy dance moves.

I can link two or more actions together to form a sequence.

Year 2

I can move in time to the music.

I can begin to count out 8 counts within the music on the regular beat.

I can copy and repeat movements like travelling and jumping in a sequence.

Year 3

I can count out the phrases of 8 counts on the regular beat with confidence.

I can work with a partner or small group to create a dance sequence.

I can combine 3 or more moves into a sequence and remember the order.

Year 4

I can count the 8 counts within the music on the regular, slow or quick beat.

I can work with a group to create a dance sequence with synchronicity.

I can link together several movements, remember the sequence and perform it.

Year 5

I can move in time to the music with control showing varying movement types.

I can count out the phrases of 8 counts and 32 count blocks.

I can create more than one sequence and perform them in a specific order.

Year 6

I can count out the phrases of 8 counts and 32 count blocks on the regular, slow or quick beat.

I can create and develop new movements within a specific dance style, including choosing music and then perform the sequences with control and confidence.

Year 7

Pupils can create simple dance phrases using key dance components from a range of taught dance styles.

Pupils can apply knowledge and skills to choreograph their own piece and perform their work.