

Physical Education		
Dance		
Year 1	Year 2	Year 3
<p><u>Key skills</u></p> <ul style="list-style-type: none"> • be able to link and perform a series of movements based on an imaginary character • develop fundamental movement skills, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination. • be able to guess the mood an individual is dancing 	<p><u>Key skills</u></p> <ul style="list-style-type: none"> • be able to guess which part of the machine 'cycle' an individual is dancing • develop fundamental movement skills, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination • be able to engage in a range of increasingly challenging situations on their own and with others. • be able to act and dance in their character role 	<p><u>Key skills</u></p> <ul style="list-style-type: none"> • be able to act and dance in their character role • become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination • continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of movement • enjoy communicating and collaborating with each other • learn how to evaluate and recognise their own success. • be able to copy and perform a famous dance routine
<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • know and understand the terms 'energetic' and 'emotional' when used in the dance and movement context • know and understand the term 'theme' when used in the dance and movement context 	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • know and understand how to change speeds, strengths, levels and directions to look like a specific process • know and understand how to maximise personalities by making powerful face and body movement changes 	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • know and understand how to maximise personalities by making powerful face and body movement changes • know and understand the name of a famous dance and a series of patterns and steps within the dance

Physical Education		
Dance		
Year 4	Year 5	Year 6
<p><u>Key skills</u></p> <ul style="list-style-type: none"> • be able to remember and perform a made-up dance • continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences • of movement • enjoy communicating and collaborating with each other • develop an understanding of how to improve, and learn how to evaluate and recognise their own success. 	<p><u>Key skills</u></p> <ul style="list-style-type: none"> • be able to use a visual film to inspire dance movements • continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences • of movement • enjoy communicating and collaborating with each other • develop an understanding of how to improve, and learn how to evaluate and recognise their own success. • be able to add a number of shorter dances together to make 1 long dance 	<p><u>Key skills</u></p> <ul style="list-style-type: none"> • be able to use a visual film to inspire dance movements • continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences • of movement • enjoy communicating and collaborating with each other • develop an understanding of how to improve, and learn how to evaluate and recognise their own success. • be able to add a number of shorter dances together to make 1 long dance
<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • know and understand what constitutes a dance 'pattern' and the term 'dance phrase' 	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • know and understand famous dance styles and fashions throughout the 20th century • know and understand the dance terms 'meeting', 'parting', 'unison' and 'anon' 	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • know and understand famous dance styles and fashions throughout the 20th century • know and understand the dance terms 'meeting', 'parting', 'unison' and 'anon'

