Ladywood Primary School

Skills Progression - Dance



Dance Dance								
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6		
-To use a variety of	- To change	-To explore different	-To explore dance	-To practise the	- To identify and	- To demonstrate an		
moves that change	direction during	levels and speeds of	movements and	patterns and actions	practice the patterns	awareness of the		
speed and direction	travelling moves	movement.	create patterns of	of chosen dance	and actions of the	music's rhythm and		
- To use a variety of	-To link moves	- To compose and	movement.	style.	chosen dance style.	phrasing when		
moves	together	perform simple	- To work with a	- To demonstrate an	-To demonstrate an	improvising.		
-To change direction	-To explore basic	dance phrases.	partner to create	awareness of the	awareness of the	-To create a dance		
during travelling	body patterns and	- To show contrasts	dance patterns.	music's rhythm and	music's rhythm and	that represents a		
moves.	movements to	in simple dances	- To perform a	phrasing when	phrasing when	street dance style.		
-To move using a	music.	with good body	dance with rhythm	improvising.	improvising.	- To create a dance		
variety of tempos	-Link together dance	shape and position.	and expression.	- To create an	- To create and	as a group, using any		
and speeds.	moves with moves	- To work to music,	- To use knowledge	individual dance that	perform an	street dance moves.		
	with gestures and	creating movements	of dance to create a	reflects the chosen	individual dance that	- To create a dance		
	changing direction in	that show rhythm	story in small	dancing style.	reflects the chosen	as a group, using any		
	time to music.	and control.	groups.	To create partnered	dance style.	street dance moves.		
	- To practise taking	- To remember a	- To develop	dances that reflect	- To create	- To perform and		
	off from different	dance and repeat	precision of	the dancing style	partnered dances	analyse own and		
	positions.	the sequence.	movement.	and apply the key	that reflect the	others'		
			- To work co-	components of	chosen dancing style	performance.		
			operatively with a	dance.	and apply the key			
			group to create a	- To perform dance	components of			
			dance piece.	using a range of	dance.			
			- To perform in front	movement patterns.	- To create group			
			of others with	-To perform and	dances that reflect			
			confidence	evaluate dances.	the dance style.			
					- To perform a dance			
					using a range of			
					movement patterns.			
					- To perform and			
					evaluate own and			
					others' work.			