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| Level | Dance Strand | | |
| Creating | Performing | Reflecting |
| Entry | I can remember some simple actions  I can create a phrase | I can participate in part of a group performance | I can identify positive and negative aspects within my work |
| 1 | I can remember a range of actions  I can create phrases based on a stimulus or music | I can participate in a short group performance  I show some consideration of spatial awareness in performance | I can recognise when my own work and the work of others’, could be improved |
| 2 | I can perform simple dance phrase demonstrating choreographic skills | I can use appropriate characterisation in a performance | I can talk about why I made certain decisions in my choreography  I can show a basic understanding of how a stimuli can be conveyed |
| 3 | I can create a choreography using unison and cannon  I can learn teacher led sequences and then use these to develop my own levels  I can create a choreography using a range of stimuli  I can take on feedback to improve my choreography such as using levels and/or contract work  I can sustain a focus within a performance | I can learn a routine and take part in simple performances | I can give suggestions on how work could be improved  I can talk about my work using some dance terminology  I can identify strengths and weaknesses in my own and others work |
| 4 | I can select and apply movement to match the given dance style  I can work confidently in a group using a range of choreographic devices to explore different dance styles and ideas  I can create and rehearse performance that make use of the range of techniques and dynamics to express my ideas  I can give and accept suggestions to/from peers and teachers during the rehearsal process  I can learn and create dances in a variety of styles | I experiment with different actions to create a performance  I can create routines that are appropriate to the given style or stimuli  I can experiment with different styles/actions and dynamics when developing a routine  I improve and refine my performance through the rehearsal process  I can choreograph a short performance for an audience  I can perform a variety of different dance styles | I can reflect on and evaluate my own and other pupils’ work, suggesting improvements  I can use key words when talking about dances that I have seen or participated in  I can discuss the ways that ideas are communicated |
| 5 |  | I use a range of performance skills that are appropriate to the dance style | I can discuss how choreography is developed using different devices  I can make good use of dance terminology |
| 6 | I can create and perform a dance using expressions and physicality  I can contribute to the choreographic process where collaborative involvement is necessary | I can represent performances in a range of styles  I can select and perform appropriate techniques and develop them in rehearsals | I can evaluate my own strengths and weakness in performance and set appropriate targets for improvement |
| 7 | I can create a motif that effectively communicates meaning to the audience | I make full use of the available performance space and resources in my performance | I can recognise and articulate others strengths and weaknesses in a piece of work, suggesting areas for improvement |
| 8 | I can create performances for difference audiences and purposes using various techniques, genres and styles | I refine my work in rehearsal to perform with accuracy and confidence | I can give constructive feedback using dance terminology |
| 9 | Exceeding all criteria of ‘8’ | | |