



Learning Objectives: Year 1
Skill Development
Develop fundamental movement skills, becoming increasingly confident and competent
Develop agility, balance and coordination
Develop agility
Develop balance
Develop coordination
Develop agility, balance and coordination with others
Perform dances using simple movement patterns
Move fluently, changing direction and speed
Respond imaginatively to a range of stimuli
Move confidently and safely in their own and general space, using changes of speed, level and direction
Combine different ways of travelling
Skill Application
Begin to apply basic movements in a range of activities
Apply skills in a range of activities
Work individually and with others
Perform movement phrases and short dances with control and accuracy
Compose and link movement phrases to make simple dances with clear beginnings, middles and ends
Create linked movement phrases with beginnings, middles and ends
Perform movement phrases using a range of different body actions and body parts
Analysis
Describe what they have done or seen others doing
Understand why being active and playing games is good for you
Describe what it feels like to breath quickly during exercise
Understand how to play in a safe way



Learning Objectives: Year 2

Skill Development

Develop fundamental movement skills, becoming increasingly confident and competent

Develop agility, balance and coordination

Develop agility

Develop balance

Develop coordination

Develop agility, balance and coordination with others

Perform dances using simple movement patterns

Explore, remember, repeat and link a range of actions with coordination and control

Explore, remember, repeat and link a range of actions with an awareness of the expressive qualities of dance

Perform a range of actions with control and coordination

Show control when moving

Select and Apply

Begin to apply basic movements in a range of activities

Apply skills in a range of activities

Work individually and with others

Compose and perform short dances that express and communicate moods, ideas and feelings, choosing and varying simple compositional ideas

Remember and repeat a short dance phrase, showing greater control, coordination and spatial awareness

Perform dance phrases and short dances using rhythmic and dynamic qualities to express moods, ideas and feelings

Analysis

Watch and describe a performance accurately

Recognise what is successful

Begin to understand the importance of preparing safely and carefully for exercise - warming up

Understand and describe changes to their heart rate when active

Describe dance phrases and expressive qualities



Learning Objectives: Year 3 & 4

Skill Application

Apply and develop a broader range of skills
Learn how to use skills in different ways and link them to make actions and sequences of movement
Use skills in different ways
Link skills to make actions and sequences of movement
Communicate with others
Collaborate with others
Develop flexibility, strength, technique, control and balance
Perform dances using a range of movement patterns
Develop and vary dance phrases using canon, unison, repetition, and changes of direction, level, speed and pathway
Explore and create characters and narratives in response to a range of stimuli
Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working with a partner and in a group
Show control, accuracy and fluency of movement when performing actions on their own
Show control, accuracy and fluency of movement when performing actions with a partner
Perform a range of actions and abilities with consistency, fluency and clarity of movement
Perform a combination of actions with a change in speed, level or direction
Combine actions and maintain the quality of performance when performing at the same time as a partner
Perform skills more accurately and consistently

Skill Development

Begin to apply basic movements in a range of activities and in combination
Work well as part of a team
Perform more complex dance phrases and dances that communicate character and narrative
Use different compositional ideas to create motifs incorporating unison, canon, action and reaction, question and answer
Communicate what they want through their dances and perform with fluency and control, showing sensitivity to accompaniment and to others
Combine actions to make sequences with changes of speed, level and direction, and clarity of shape
Create, perform and repeat sequences that include changes of dynamics e.g. changes of level, speed or direction



Analysis
Learn how to evaluate and recognise their own success
Identify what they need to practice to improve their performance
Recognise what they do well and what they find difficult
Recognise and explain good performances
Devise suitable warm-up activities for the upcoming activities
Describe how their bodies feel when exercising
Understand the link between heart rate and breathing when exercising
Describe, interpret and evaluate their own dance, taking account of character and narrative
Describe and evaluate the effectiveness and quality of a performance



Learning Objectives: Year 5 & 6

Skill Development

- Continue to apply and develop a broader range of skills
- Learn how to use skills in different ways and link them to make actions and sequences of movement
- Use skill in different ways
- Link skills to make actions and sequences of movement
- Communicate, collaborate and compete with others
- Communicate with others
- Collaborate with others
- Develop flexibility, strength, technique, control and balance
- Perform dances using a range of movement patterns
- Combine and perform skills with control
- Explore and practice movement ideas inspired by a stimulus
- Perform movements accurately with a sense of rhythm
- Explore, improvise and combine movement ideas fluently and effectively
- Perform combinations of actions and movements that show clear differences between levels, speeds and direction

Skill Application

- Begin to apply basic movements in a range of activities and in combination
- Work effectively as part of a team
- Choose skills that meet the needs of the situation
- Create dance motifs to show ideas, developing expressive qualities
- Create and structure motifs, phrases and sections of dances
- Use basic compositional principles when creating their dances
- Choose and apply basic compositional ideas to the sequences they create
- Make up longer sequences and perform them with fluency and clarity of movement
- Vary direction, levels and pathways, to improve the look of a sequence



Analysis
Develop an understanding of how to improve in different physical activities and sports
Learn how to evaluate and recognise their own success
Explain why a performance is good
Recognise part of a performance that could be improved and explain how
Provide constructive feedback about a performance
Identify which aspects were performed consistently, accurately, fluently and clearly
Recognise exercise and activities that help strength, speed and stamina
Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles
Understand the importance of being physically fit
Understand how physical activity can contribute to a healthy lifestyle
Explain how their body reacts and feels when taking part in different activities and undertaking different roles
Understand how the muscles work, e.g. work by getting shorter, relax by getting longer