



Learning Objectives: Year 1

Acquire and Develop

- Respond to a range of stimuli with a range of actions
- Respond imaginatively to a range of stimuli
- Copy and explore basic body actions demonstrated by the teacher
- Copy simple movement patterns from each other and explore the movement
- Move confidently and safely in their own and general space, using changes of speed, level and direction
- Move confidently and safely in their own and general space using changes of speed
- Move confidently and safely in their own and general space using changes of level
- Move confidently and safely in their own and general space using changes in direction
- Use different parts of the body to respond to stimuli
- Encourage the children to move in different directions and at different levels without bumping into each other

Select and Apply

- Choose movements to make into their own phrase with beginnings, middles and ends
- Practise and repeat their movement phrases and perform them in a controlled way
- Compose and link movement phrases to make simple dances with clear beginnings, middles and ends
- Perform movement phrases using a range of body actions and body parts
- Perform movement phrases and short dances with control and accuracy
- Begin to understand how movements can show different moods, ideas and feelings
- Begin to understand how movements can show different moods
- Begin to understand how movements can show different ideas
- Begin to understand how movements can show different feelings

Knowledge and Understanding of Fitness and Health

- Know where their heart is and understand why it beats faster when exercising
- Recognise how their body feels when still and when exercising
- Recognise what happens to their breathing when they are moving quickly and standing still

Evaluating and Improving Performance

- Talk about dance ideas inspired by different stimuli
- Copy, watch and describe dance movements
- Use simple dance vocabulary to describe movements
- Talk about dance, linking movement to moods, ideas and feelings



Learning Objectives: Year 2

Acquire and Develop

- Explore, remember, repeat and link a range of actions with coordination, control and an awareness of the expressive qualities of dance
- 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
- Talk about different stimuli as the starting point for creating dance phrases and short dances
- Explore actions in response to stimuli
- Explore ideas, moods and feelings by improvising, and by experimenting with actions, dynamics, directions, levels and a growing range of possible movements
- Vary the speed, strength, energy and tension of movements

Select and Apply

- Compose and perform dance phrases and short dances that express and communicate moods, ideas and feelings, choosing and varying simple compositional ideas
- Choose and link actions to make short dance phrases that express an idea, mood or feeling, and reflect rhythmic qualities
- 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
- Show some sensitivity to the accompaniment
- Perform dance phrases with clear beginning, middle and end
- Use different dynamic and spatial qualities
- Link movements and dance phrases fluently
- Use actions with different directions, levels, speed and tension to interpret the mood and idea of a dance
- Make dance phrases that reflect the rhythmic and dynamic qualities of the music

Knowledge and Understanding of Fitness and Health

- Recognise and describe how different activities make them feel
- Understand the importance of warming up and warming down
- Understand why dance is a healthy activity
- Describe how their breathing, body temperature and heart rate change when they are moving quickly and standing still

Evaluating and Improving Performance

- Watch and describe dance phrases and dances, and use what they learn to improve their own work
- Describe dance phrases and expressive qualities
- Explain what they like and dislike, giving reasons
- Show an understanding of mood and describe how a dance make them feel
- Use a range of appropriate language to describe how moods, ideas and feelings are expressed through different types of action and movement



Learning Objectives: Year 3

Acquire and Develop

Improvise freely on their own and with a partner, translating ideas from a stimulus into movement

Show an imaginative response to different stimuli through their use of language and choice of movement

Incorporate different qualities and dynamics into their movement

Explore and develop new actions while working with a partner or a small group

Explore and develop new actions while working with a partner

Explore and develop new actions while working as part of a small group

Perform movements with a change of speed, strength and flow

Change the speed, strength and flow of their movements, and the way they use space

Select and Apply

Create and link dance phrases using a simple dance structure or motif

Perform dances with an awareness of rhythmic, dynamic and expressive qualities, on their own, with a partner and in small groups

Perform dances with an awareness of rhythmic, dynamic and expressive qualities on their own

Perform dances with an awareness of rhythmic, dynamic and expressive qualities with a partner or small group

Link actions to make dance phrases, working with a partner and in small groups

Perform short dances with expression, showing an awareness of others when moving

Describe what makes a good dance phrase

Explore movements working with a partner, working in unison and in canon

Create phrases that combine different actions and qualities

Knowledge and Understanding of Fitness and Health

Keep up activity over a period of time and know they need to warm up and warm down for dance

In simple language, explain why they need to warm up and warm down

Sustain their effort in their dances

Evaluating and Improving Performance

Describe and evaluate some of the compositional features of dances performed with a partner and in a group

Talk about how they might improve their dances

Use a range of expressive language to describe dance

Recognise unison and canon and suggest improvements



Learning Objectives: Year 4

Acquire and Develop

Explore and create characters and narratives in response to a range of stimuli

Think about character and narrative ideas by the stimulus, and respond through movement

Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working on their own, with a partner and in a group

Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working on their own

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

Explore how to use actions, along with dynamic and spatial qualities, to communicate character and narrative

Improvise, using a wide range of actions, dynamics, directions, levels and relationships

Select and Apply

Use simple choreographic principles to create motifs and narrative

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

Remember, practise and combine longer, more complex dance phrases

Communicate what they want through their dances and perform with fluency and control, showing sensitivity to accompaniment and to others

Create dance motifs that bring out character and dramatic effect

Develop and vary dance phrases using canon, unison, repetition, and changes of direction, level, speed and pathway

Perform with fluency and control

Knowledge and Understanding of Fitness and Health

Know and describe what you need to do to warm up and warming down for dance

Show understanding of warming up and warming down, choosing appropriate activities to do on their own

Understand the need to get warm, mobilise joints and stretch muscles before dancing, and why they need to stretch

understand the need to relax and breathe slowly to gradually calm the body down after dancing

Evaluating and Improving Performance

Describe, interpret and evaluate others' dances, taking account of character and narrative

Describe, interpret and evaluate their own dance, taking account of character and narrative

Describe and interpret dance movements using appropriate vocabulary

Suggest how dances and performances can be improved, so that they communicate more effectively

Focus on using shape, action, and dynamic and rhythmic phrasing more clearly in their dances



Learning Objectives: Year 5

Acquire and Develop

- Explore and improvise ideas for dances in different styles, working on their own, with a partner or in a group
- Explore and improvise ideas for dance in different styles, working on their own
- Explore and improvise ideas for dance in different styles, working with a partner or in a group
- Explore, improvise and choose appropriate material to create new motifs in a chosen dance style
- Perform specific skills and movement patterns for different dance styles with accuracy
- Respond to stimuli, and explore ideas and improvise movements imaginatively
- Explore actions, gestures, body shapes, rhythms and travelling patterns that suit a style
- Create motifs and develop phrases in a style

Select and Apply

- Compose dances by using, adapting and developing steps, formations and patterning from different dance styles
- Perform dances expressively, using a range of performance skills
- Compose, develop and adapt motifs to make dance phrases and use these in longer dances
- Create and develop dance phrases on their own, with a partner and in small groups
- Change, vary and develop actions, space, dynamics and relationships whilst looking at shape and patterning

Knowledge and Understanding of Fitness and Health

- Organise their own warm up and warm down activities to suit the dance
- Show an understanding of why it is important to warm up and warm down
- Warm up and warm down independently
- Use exercises that stretch and tone their bodies and help them prepare for their dance

Evaluating and Improving Performance

- Describe, analyse, interpret and evaluate dances, showing an understanding of some aspects of style and context
- Use appropriate dance terminology to identify and describe styles in their own and others' dances
- Talk about the relationship between the dance and its accompaniment
- Suggest ways to develop their techniques and composition



Learning Objectives: Year 6

Acquire and Develop

- Explore, improvise and combine movement ideas fluently and effectively
- Respond to a range of stimuli, improvising freely using a range of controlled movements and patterns
- Explore dance and movement ideas imaginatively, including actions, dynamic, space and relationship
- Explore and practise movement ideas inspired by a stimulus
- Perform movements accurately with a sense of rhythm
- Improvise freely to create movement ideas to show what they want to communicate
- Move in a way to reflect the music
- Explore and perform movement ideas fluently and effectively
- Combine and perform movements fluently and effectively

Select and Apply

- Create and structure motifs, phrases, sections and whole dances
- Begin to use basic compositional principles when creating their dances
- Select and use a range of compositional ideas to create motifs that demonstrate their dance ideas
- Perform with clarity and sensitivity to an accompaniment, communicating a dance idea on their own, with a partner and in a group
- Create dance motifs to show ideas, developing expressive qualities
- Create and structure motifs, phrases and sections of dances
- Create and structure whole dances
- Choose material for dance phrases or dances and explain their choices

Knowledge and Understanding of Fitness and Health

- Understand why dance is good for their fitness, health and wellbeing
- Prepare effectively for dancing
- Identify what types of exercise they need to do to help their dancing

Evaluating and Improving Performance

- Understand how a dance is formed and performed
- Evaluate, refine and develop their own and others' work
- Use appropriate language and terminology to describe, interpret and evaluate their own and others' work
- Comment on what works well and explain why
- Recognise how costume, music and set can help to improve a dance performance