

PE - Dance Skill Progression (End Points)



Year group	Head	Heart	Hands
EYFS Skills	Head <ul style="list-style-type: none"> copy sequences and repeat them 	Heart <ul style="list-style-type: none"> work as part of a group or class sensitivity to others' needs and feelings, and form positive relationships with adults and other children confident to try new activities, and say why they like some activities more than others 	Hands <ul style="list-style-type: none"> show good control and co-ordination in large and small movements move confidently in a range of ways, safely negotiating space move and stop safely
Year 1 Skills	Head <ul style="list-style-type: none"> make up a short dance dance imaginatively plan and show a sequence of movements 	Heart <ul style="list-style-type: none"> listen carefully to teacher and peers work well with others always try to join in with activities 	Hands <ul style="list-style-type: none"> copy dance moves change rhythm, speed, level and direction dance with control and co-ordination
Year 2 Skills	Head <ul style="list-style-type: none"> make a sequence by linking sections together link some movement to show a mood or feeling use imagination in response to a range of stimuli 	Heart <ul style="list-style-type: none"> make others feel successful work independently and with a partner to create a dance sequence helps others 	Hands <ul style="list-style-type: none"> copy and explore basic patterns of movement with increased body control change rhythm, speed, level and direction creatively vary the shape and size of body
Year 3 Skills	Head <ul style="list-style-type: none"> repeat, remember and perform phrases in a dance use a greater number of own ideas for movement in response to a task work independently to create a short dance in blocks of 8 that suits a given theme use appropriate dance vocabulary to compare and improve work 	Heart <ul style="list-style-type: none"> work independently and with a partner to create a dance sequence share and create phrases with a partner and in small groups 	Hands <ul style="list-style-type: none"> can improvise freely, translating ideas from a stimulus into movement perform with variation in speed and level during a pattern of movement move with some rhythm, timing and unison as part of a dance
Year 4 Skills	Head <ul style="list-style-type: none"> work with a partner to create, repeat and improve a dance with at least three phases use imagination to develop actions and motifs use unison and canon as part of a dance use appropriate dance vocabulary to evaluate and improve work 	Heart <ul style="list-style-type: none"> work in a small group to create a short dance in blocks of 8 that suits a given theme share and create phrases with a partner and in small groups. 	Hands <ul style="list-style-type: none"> move with precision and control especially when moving with other children move with increased rhythm range of movement vocabulary to use in dances
Year 5 Skills	Head <ul style="list-style-type: none"> compose my own dances in a group creatively and imaginatively, in blocks of 16 use complex dance vocabulary when describing a performance use unison and canon as part of a dance work on movements and refine them 	Heart <ul style="list-style-type: none"> adapt my activities to help others can listen to other's ideas and follow their instructions can lead others in a simple activity 	Hands <ul style="list-style-type: none"> use flexibility, technique and movement to create a dance that flows perform with expression use different styles of movement to improve a dance
Year 6 Skills	Head <ul style="list-style-type: none"> develop imaginative dances in a specific style choose own music, style and dance choreograph a dance working to the beat of the music in blocks of 32 	Heart <ul style="list-style-type: none"> combine own work with that of others lead by example enjoy performing to others 	Hands <ul style="list-style-type: none"> perform to an accompaniment, expressively and sensitively movements are controlled dance shows clarity, fluency, accuracy and consistency