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# Dance: Year 3, 4, 5, 6

Year 3	Year 4	Year 5	Year 6
<b>Overview</b> <p>Pupils will perform dances, focusing on creating, adapting and linking a range of dance actions.</p> <p>They will be inspired by a range of stimuli including different styles of music, cultures and backgrounds including historical dances such as the haka.</p> <p>They will work in partners and small groups to develop their ability to create, perform and appreciate dance.</p>	<b>Overview</b> <p>Children will further develop their expressive qualities, and will do so by developing character and feelings into our dances.</p> <p>They will explore different styles of dance from different cultures around the world, and will start to explore how they can adapt and develop dances further.</p> <p>Children will place a further focus on linking phrases of movement with increased fluency and control.</p>	<b>Overview</b> <p>Children will take inspiration from different dances, cultures and themes. They will use this to create further stimuli and inspiration for dances.</p> <p>They will create, perform and observe dances and are encouraged to become more adventurous when improvising and creating dances, developing their understanding of how props, music and emotion can enrich dance.</p>	<b>Overview</b> <p>Pupils will take inspiration from video, image and music to create their own stimuli as the base for developing and refining group dances.</p> <p>Pupils will explore and apply the use of formation, and will link and apply a range of dance principles, travelling actions and balancing actions to create flowing, controlled routines.</p>
<b>Developing physical skills</b> <ul style="list-style-type: none"><li>Pupils can perform freely transferring ideas from a stimulus into movement using dynamic, rhythmic and expressive qualities with increasing clarity and control</li></ul>	<b>Developing physical skills</b> <ul style="list-style-type: none"><li>Pupils can perform dances freely and with fluency and show sensitivity to the dance stimulus and accompaniment</li><li>They will explore ways of displaying expressive qualities through the use of gestures and actions</li></ul>	<b>Developing physical skills</b> <ul style="list-style-type: none"><li>Pupils can perform different styles of dance clearly and fluently, adapting and refining the way they use their weight, space and rhythm</li><li>They can express themselves through their dances and will take greater ownership on improvising and creating their own dances</li></ul>	<b>Developing physical skills</b> <ul style="list-style-type: none"><li>Pupils can increasingly longer dances fluently, with clarity and control and can perform to an accompaniment expressively and sensitively</li></ul>
<b>Whole child criteria: Head   Hand   Heart</b> <ul style="list-style-type: none"><li>I can talk about how I might improve my dances</li><li>I can practice and refine short dance phrases</li><li>I can translate ideas from a stimulus into movements</li><li>I can show fluency and control in my movements</li><li>I can repeat, remember and perform phrases in a dance</li><li>I can share and create dance phrases with a partner</li><li>I can link dance actions to make dance phrases with flow</li><li>I can explain what happens to our body when we warm up and why it is important</li><li>I understand the importance of strength and flexibility in dance</li><li>I am showing confidence in my actions</li></ul>	<b>Whole child criteria: Head   Hand   Heart</b> <ul style="list-style-type: none"><li>I can develop character and narrative ideas</li><li>I can suggest improvements for my dances and other</li><li>I can apply basic techniques such as contrast and mirroring</li><li>I can apply different pathways, levels, shape and speed</li><li>I can create increasingly longer dances with a partner</li><li>I can show a sense of rhythm and style when performing</li><li>I can work collaboratively with others</li><li>I have developed my confidence and self-belief</li><li>I can use gestures and actions to explore different emotions/feelings/ideas</li></ul>	<b>Whole child criteria: Head   Hand   Heart</b> <ul style="list-style-type: none"><li>I can plan dances creatively and collaboratively in groups</li><li>I can show choreographic techniques in my work</li><li>I can suggest ways to improve/develop a dance</li><li>I can improvise imaginatively to a wide variety of stimuli</li><li>I can perform specific motifs for different dance styles</li><li>I can compose, develop and adapt motifs</li><li>I can create and perform increasingly longer dances with control and fluency</li><li>I can perform to accompaniment to expressively and sensitively</li><li>I can work effectively on my own/in pairs/in groups</li><li>I understand and can explain how dance can keep me healthy</li></ul>	<b>Whole child criteria: Head   Hand   Heart</b> <ul style="list-style-type: none"><li>I can use compositional ideas when creating dances</li><li>I am able to refine and develop my work and work of others</li><li>I can show creativity and imagination in movements</li><li>I can show greater competence &amp; skill through dance</li><li>I can compose motifs and structure simple dances</li><li>I will develop and apply the use of formation within our dances</li><li>I can perform to accompaniment to expressively and sensitively</li><li>I can work effectively on my own/in pairs/in groups</li><li>I understand and can explain how dance can play a role in a healthy active lifestyle</li></ul>



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<b>Character values</b> <ul style="list-style-type: none"><li>• Team work</li><li>• Cooperation</li><li>• Confidence</li></ul>	<b>Character values</b> <ul style="list-style-type: none"><li>• Creativity</li><li>• Confidence</li><li>• Self belief</li></ul>	<b>Character values</b> <ul style="list-style-type: none"><li>• Team work</li><li>• Leadership</li><li>• Respect</li><li>• Creativity</li></ul>	<b>Character values</b> <ul style="list-style-type: none"><li>• Team work</li><li>• Cooperation</li><li>• Creativity</li><li>• Confidence</li><li>• Self belief</li><li>• Leadership</li></ul>

## End of key stage outcomes

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns