

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health and Fitness						
Describe how the body feels when exercising.	Describe how the body feels when still and when exercising. Describe how the body feels before, during and after exercise.	Recognise and describe how the body feels during and after different physical activities. Recognise and explain what our bodies need to stay healthy. Carry and place equipment safely.	Recognise and describe the effects of exercise on the body and mind. Know the importance of strength and flexibility for physical activity. Carry and place equipment safely. Explain why it is important to warm up and cool down.	Describe how the body reacts at different times of the day and how this might affect performance. Know the importance of controlling the body in physical activity. Explain why exercise is good for your health. Recognise and understand benefits of warming up and cooling down. Carry and set up equipment safely.	Understand and describe how different exercises affect performance in different ways. Recognise and understand benefits on the body, from warming up and cooling down. To be able to understand and explain safety principles when preparing for and during exercise. Understand why exercise is important for our health, fitness and wellbeing. Set up and carry equipment safely.	Understand and describe the importance of warming up and cooling down, alongside effects that they have on our bodies. Carry out warm-ups and cool downs safely and effectively. Understand why exercise is good for our physical and mental health and well-being. Understand and describe different lifestyles that we can maintain to keep ourselves more healthy and fit. Set up and carry equipment safely.
Acquiring and Developing (Dance skills)						
Combine a range of different movements together. Change the speed of their actions. Change the style of their movements.	Combine a range of different movements together, creating a sequence of actions. Vary the speed of their actions. Create a short movement phrase,	Combine a range of different movements together, creating a sequence of actions. Vary the speed, level and height of their actions. Create a short motif	Improvise with a partner or group to create a simple dance by combining a range of different movements together. Vary the speed, level and height of their	Compose a dance with a partner or group that reflects the chosen dance style. Compose longer dance sequences in a small group, confidently	Compose individual, partner and/or group dances that reflect the chosen dance style. Improvise movements with confidence, fluency, creativity and imagination in	Combine and link an increasing number of movement phrases and patterns, both individually and within a pair or group. Improvise movements with confidence, fluency, creativity and

<p>Copy dance moves.</p> <p>Create movements to music.</p> <p>Practice movements and join them together to create a motif.</p> <p>Remember a small dance routine.</p>	<p>which demonstrates their own ideas.</p> <p>Copy and repeat actions.</p> <p>Move in time to music.</p>	<p>inspired by a given stimulus.</p> <p>Copy, remember and repeat actions.</p> <p>Understand and demonstrate unison, canon and mirroring.</p> <p>Move in time to music, counting in beats of four.</p> <p>Use space well when combining different movements together.</p>	<p>actions within a routine.</p> <p>Create motifs from different stimuli.</p> <p>Compare and adapt movements and motifs to create a larger sequence.</p> <p>Understand and demonstrate unison, canon, mirroring and formation.</p> <p>Move in time to the music, counting in beats of four.</p> <p>Perform with some rhythm, expression and repetition.</p> <p>Demonstrate spatial awareness.</p>	<p>improvising movements.</p> <p>Identify and repeat movement patterns and actions of a chosen dance style.</p> <p>Vary the speed, level, height and directions of their actions within a routine.</p> <p>Change parts of a dance after self-evaluation.</p> <p>Demonstrate the use of unison, canon, mirroring and a variety of formations within a dance routine.</p> <p>Move in time to the music, dancing and counting in beats of eight.</p> <p>Demonstrate spatial awareness when creating motifs from different stimuli.</p>	<p>response to a stimulus.</p> <p>Identify, repeat and choreograph movement patterns and actions of a chosen dance style.</p> <p>Show a change of pace, timing, height and direction within their movements.</p> <p>Modify parts of a sequence as a result of peer evaluation and self-evaluation.</p> <p>Demonstrate the use of unison, canon, mirroring and formations a variety of times within a sequence.</p> <p>Move in time to the music, dancing in beats of eight and ensuring that their actions fit the rhythm of the music.</p> <p>Develop an awareness of their use of space when changing formations within a routine.</p> <p>Use transitions to link movements together smoothly.</p>	<p>imagination in response to a stimulus.</p> <p>Identify, repeat, choreograph and add to movement patterns and actions of a chosen dance style.</p> <p>Adapt or change movements according to different stimuli.</p> <p>Demonstrate multiple changes of pace, timing, height and direction within their movements.</p> <p>Modify parts of a sequence as a result of peer evaluation and self-evaluation.</p> <p>Demonstrate the use of unison, canon and formations multiple times within a movement phrase.</p> <p>Create different movements in response to different sounds.</p> <p>Demonstrate a range of dance techniques such as isolation, tempo and repetition.</p> <p>Take responsibility for their own skill progression by suggesting ways to make certain activities more challenging.</p>
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						Use various transition movements to link movement phrases together smoothly.
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Evaluation

<p>Talk about what they have done.</p> <p>Talk about what others have done.</p>	<p>Watch and describe performances.</p> <p>Begin to say how they could improve their dance movements.</p>	<p>Watch and describe performances, using what they see to improve their own performance.</p> <p>Talk about the differences between their dance work and the dance work of others.</p>	<p>Watch, describe and evaluate the effectiveness of a performance.</p> <p>Use simple dance vocabulary to evaluate, compare and improve work.</p> <p>Identify what aspects worked well and what aspects could be improved next time.</p>	<p>Watch, describe and evaluate the effectiveness of a performance, giving ideas for improvements.</p> <p>Use simple dance vocabulary when evaluating, comparing and improving routines.</p> <p>Modify their movement phrases or dance patterns to achieve a better result.</p>	<p>Choose and use dance criteria to evaluate their own and other's performances.</p> <p>Use more complex dance vocabulary to evaluate, compare and improve work.</p> <p>Explain why they have used particular skills or techniques within their dance routines.</p> <p>Explain the effect that particular skills or techniques have had on their performance.</p>	<p>Choose and use dance criteria to evaluate their own and other's performances.</p> <p>Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate ideas for improvements.</p> <p>Explain why they have used particular skills or techniques within their dance routines.</p> <p>Explain the effect that particular skills or techniques have had on their performance.</p> <p>Use complex dance vocabulary to evaluate, compare and improve work.</p>
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