Ashtree Primary School and Nursery Unit Progression Plan PE

Dance

| Year Group | Unit | Key Knowledge & Skills | Key Vocabulary |
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| Nursery | Nursery Rhymes | Explore different movements using different parts of the body Create their own movement ideas relating to specific words Explore larger scale travelling movements Respond to words and music using their bodies Explore character movements with a partner | Beat Moving Control Rhythm Tempo Sequence Timing |
| Reception | Dinosaurs | Explore different movements using different parts of the body – big and small Create their own movement ideas relating to a specific role To begin to add emotion to their movements as they move in character To create movements in pairs, ensuring expression ELG Move energetically, such as running, jumping, dancing, hopping, skipping and climbing | Beat Moving Control Rhythm Timing Sequence Expression |
| Year 1 | The Zoo | To be able to respond to a rhythm To control and co-ordinate their bodies adding movements together To control and co-ordinate their bodies to perform a sequence with a partner To be introduced to, and create motifs Explore the relationships between characters when performing | Beat Moving Control Rhythm Expression Sequence Motif |
| Year 2 | Sweet Factory | To control and co-ordinate their bodies adding movements together which flow To respond to stimuli To create contrasting movement sequences To demonstrate a change in character expression To invent and improvise movement ideas | Control Rhythm Expression Emotion Choreography Unison Motif |
| Year 3 | Weather | To respond to different stimuli being able to add drama and emotion to the dance To build on the thematic work in a different context creating motifs To execute a wider variety of movements in extended sequences To use more than one theme to create movements and actions forming longer sequences To create a performance including stage presence | Expression Creativity Emotion Rhythm Timing Stage presence Motif |
| Year 4 | Space | To explore movement through improvisation, introducing unison and matching To apply a canon into movements when performing To extend dance skills by using more complex interacting movements To develop sequences with a partner that shows interlinking dance moves To create a performance including include stage presence, timing, rhythm and sustaining character | Expression Creativity Motif Emotion Choreography Character Unison Matching |
| Year 5 | The Circus | To create movements that represent a variety of different characters To explore historical concepts, such as 'social divide' and 'prejudices through movement To distinguish between the different performers through clear movements and expression To utilise props and apparatus to extend characterisation and expression To peer assess each others' work, making valid evaluations on performance, choreography, stage presence, timing, rhythm and sustaining character | Expression Creativity Emotion Motif Character Unison Characterisation Prejudice social divide |
| Year 6 | Carnival | To create group movements selecting and applying choreography into a routine To use the body to perform technical movements with control and rhythm To experience dances from different cultural traditions To create movements from a stimulus creating dances that use compositional principles. To review, describe and evaluate dance performances | Expression Creativity Emotion Stimulus Choreography Rhythm |