



PE progression of skills – DANCE



We aspire for all at Parsonage Farm to feel valued and cared for, to have a continued excitement for learning, ensuring success as they journey onwards.



Year group ↓	Subject area →	Health and Fitness	Skills	Compete/Perform	Evaluate
Nursery		Notice a simple change in the body after exercising, e.g., feeling hot, out of breath.	Explore patterns of movement.	Begin to control their body when performing movements.	
Reception		Describe how the body feels when still and when exercising.	Join a range of different movements together. Change the speed of their actions. Change the style of their movements. Create a short movement phrase which demonstrates their own ideas.	Control their body when performing a sequence of movements.	Talk about what they have done. Talk about what others have done.
Year 1		Describe how the body feels before and after exercise. Carry and place equipment safely.	Copy and repeat actions. Put a sequence of actions together to create a motif. Vary the speed of their actions. Use simple choreographic devices such as unison, canon and mirroring. Begin to improvise independently to create a simple dance.	Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control.	Watch and describe performances. Begin to say how they could improve
Year 2		Recognise and describe how the body feels during and after	Copy, remember and repeat actions. Create a short motif inspired by a stimulus.	Perform sequences of their own composition with coordination.	Watch and describe performances and use what they see to improve their own performance.

	<p>different physical activities.</p> <p>Explain what they need to stay healthy.</p>	<p>Change the speed and level of their actions.</p> <p>Use simple choreographic devices such as unison, canon and mirroring.</p> <p>Use different transitions within a dance motif.</p> <p>Move in time to music.</p> <p>Improve the timing of their actions.</p>	<p>Perform learnt skills with increasing control.</p> <p>Compete against self and others.</p>	<p>Talk about the differences between their work and that of others.</p>
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