

**Key Vocabulary**

Travelling Up  
Shapes Down  
Flexibility Sideways  
Jumps  
Performance  
Rhythm  
Balance

## Dance

PE KSI/EYFS


**Physical wellbeing**

I know how the body feels during and after exercise.

I know that dance has effects on my body that is similar to games.

**Links to other subjects:**

Music (Year 1 Homes)  
Music (Year 2 battles, burns and bandages)



**Key knowledge and skills**

**Dance skills:**  
I know how to copy, remember and repeat actions  
I know how to create a short motif inspired by a stimulus  
I know how to improve my timings

**Perform:**  
I know how to perform using a range of actions and body parts with some co-ordination  
I can perform a sequence in time to music.


**Evaluate:**  
I know how to give feedback to others on the successful parts of their work.

**Links to prior learning:**  
Link rhythm learnt on instruments to movement sequences

**Next steps:**  
I know how to Choreograph my own routine.


**Head**

Understanding  
Feedback




**Heart**

Effort  
Confidence  
Resilience



**Hands**

Technique  
Physical ability



**Key Vocabulary**

Travelling  
Shapes  
Flexibility  
Jumps  
Performance  
Rhythm  
Balance

## Dance

PE LKS2


**Physical wellbeing**

I know the importance of warming up and cooling down.

I know safety principles when preparing for exercise.

**Links to other subjects:**

Music (Year 3 Peter and the wolf).



**Key knowledge and skills**

**Dance skills:**  
I know how to confidently improvise with a partner or a group  
I know how to show precision and some control with different movements  
I know how to vary dynamics and develop actions in response to stimuli.

**Perform:**  
I know how to perform sequences of my own composition with coordination.


**Evaluate:**  
I know how to evaluate the success of my own work and suggest improvements

**Links to prior learning:**  
Evaluating your own and others performances

**Next steps:**  
Choreograph a routine for others to perform.


**Head**

Understanding  
Responsibility




**Heart**

Respect  
Communication  
Resilience



**Hands**

Technique  
Physical ability



**Key Vocabulary**

Travelling Transition  
Shapes  
Flexibility  
Jumps  
Performance  
Rhythm  
Balance  
Unison

## Dance

PE UKS2

**Physical wellbeing**


I know the importance of warming up and cooling down.

I know safety principles when preparing for exercise.

I know the large muscle groups within the body.

**Links to other subjects:**

Music (Year 6 Gamelan work and Blues)



**Key knowledge and skills**

**Dance skills:**  
I know how to identify and repeat movement patters and actions of a chosen dance style.  
I know how to choreograph individual, partner and group dances that reflect a chosen dance style.  
I know how to use dramatic expression in dance through controlled movements and motifs

**Perform:**  
I know how to link movements and actions to create a complex sequence using a full range of movement.


**Evaluate:**  
I know how to thoroughly evaluate my own work and others.

**Links to prior learning:**  
Evaluating your own and others performances

**Next steps:**  
Choreograph a routine for others to perform.


**Head**

Understanding  
Analysis  
Feedback



**Heart**

Leadership  
Communication  
Resilience



**Hands**

Technique  
Physical ability

