

## Dance progression



EYFS	Year 1	Year 2	Year 3	Year 4
Copy basic body actions and rhythms.	Copy, remember and repeat actions.	Copy, remember and repeat a series of actions.	Copy remember and perform a dance phrase.	Copy, remember and adapt set choreography.
Explore and use travelling actions, shapes and balances.	Explore and choose actions for an idea.	Explore and use pathways, levels, shapes, directions, speeds and timing with guidance.	Create short dance phrases that communicate an idea on their own or with a partner.	Choreograph considering structure individually, with a partner and in a group.
Travel in different pathways using the space around them.	Use changes of direction, speed and levels with guidance.	Use mirroring and unison when completing actions with a partner.	Use canon, unison and formation to represent an idea. Link phrases to create a dance.	Use action and reaction to represent an idea.
Begin to use dynamics* and expression with guidance.	Show some sense of dynamics* and expressive qualities.	Show a character through actions, dynamics* and expression.	Match dynamics* and expressive qualities to a range of ideas.	Change dynamics* to express changes in character or narrative.
Begin to count to music.	Begin to use counts.	Use counts with help to stay in time with the music.	Use counts to keep in time with a partner and group.	Use counts when choreographing short phrases. when

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Discuss dance ideas	Watch dances and share their likes and dislikes.	Watch and describe dances.	Evaluate their own and others performances.	Evaluate their own and others performances and comment on improvements.
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\***Dynamics** in dance is *how* the dancer moves. They help you accentuate the music you are dancing to, match the ebb and flow of the tempo and add a performance aspect to the dance

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