

Acquiring and developing skills

P 4-5	P 6-7	P 8	NC1	NC2
Follow simple instructions with help e.g support of symbols or other prompts	Follow and imitate sequences and patterns in your movements	Follow and imitate movement patterns and sequences with same control and co-ordination	Copy, explore and develop basic body actions demonstrated by the teacher or other pupils e.g. travel, jump, turns, gesture, stillness	Explore ideas by experimenting with actions
Imitate animal or other actions / movements	Create movement ideas in response to a story	Respond to speed and type of music with a range of body actions Show changes in levels and directions	Develop actions using appropriate stimuli e.g. Penguin – flapping, waddling or huddling	Explore and develop actions using appropriate stimuli. Explore ideas, moods and feelings using appropriate stimuli
Move around the space without colliding	Explore traveling and body movements under teacher direction	Develop travel and body actions under teacher direction	Move confidently demonstrating increasing body control and co-ordination	Explore actions, moods and feelings when using appropriate stimuli
Respond to a variety of stimuli e.g voice, music, percussion	Move in a variety of ways e.g quick/ slow	Move in a variety of ways with some control and co-ordination	Explore, repeat and refine movement patterns and show changes in levels and direction	Vary the actions by using changes of speed, level, spatial patterns
Work close to another child safely	Work with and respond to a partner	Work with partner on stepping patterns	Work co-operatively with a partner	Work co-operatively with others on a task

Selecting and applying skills, tactics and compositional ideas

P 4-5	P 6-7	P 8	NC1	NC2
Perform simple actions/ movements	Repeat simple sequence of actions / movements	Choose a sequence of movements that have a beginning, a middle and an end	Choose movements/ actions to make your own phase e.g. balance, tumble, fall	Plan a short dance which shows a variety of body actions e.g. jump, turn, gesture, stillness and travel
Move in a variety of ways with prompts e.g drum, tambourine	Move in a variety of ways	Show movements with simple changes in speed	Experiment with basic body actions using different dynamics, levels and directions	Create and perform dances based on characters
Respond to a variety of stimuli e.g voice, percussion, music	Express yourself through repetitive and simple dance phrases and movement patterns	Use movement to express feelings and respond to stimuli with a range of actions	Demonstrate, remember and repeat a short dance that expresses your ideas, mood or feelings	Demonstrate the use of feelings e.g. through weight – heavy (angry), light (happy) and changes of speed e.g. slow (sad)

Selecting and applying skills, tactics and ideas (continued)

Initiate actions for others to follow	Link simple actions/ movements together e.g step patterns/ country dancing	Develop your own dance phase with a beginning, middle and end	Choose actions and link them together to make a short dance Remember and repeat a short dance	Link actions to make a short dance phrase, working on your own, with a partner and / or in small groups
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Knowledge and understanding of fitness and health

P 4-5	P 6-7	P 8	NC1	NC2
Select and use appropriate equipment e.g. mat to lie on, ribbons, balloons	Recognise and respond to the importance of working in your own space	Show an increasing awareness of space, yourself and others	Move safely within the working area	Sustain and maintain a constant level of activity in dance
Be aware of changes to your body when exercising	Recognise changes that happen to your body when they are active	Know how your body feels after dance activities	Understand why the heart beats faster when exercising	Understand the effects of exercise on the heart rate
Follow simple warm up and cool down activities	Explain simply why you need to warm up and cool down	Have some understanding of why you warm up and cool down for dance	Warm up and cool down on your own	Perform specific exercises that help you stretch your muscles

Evaluating and improving performance

P 4-5	P 6-7	P 8	NC1	NC2
Identify simple actions with teacher prompts	Identify simple dance actions	Remember and perform short dance phrases	Link and perform a simple dance phrase with teacher direction	Perform a whole dance that has a simple structure
Work with a partner during movement/ dance activities	Show your dance movements to a partner	Practice and perform your own dance	Perform your dance to others on the class	Describe what you and others have done
Make a simple comment on another's dance	Identify actions performed by others using simple vocabulary	Say what you like about the dance movement others created	Describe what you and others have done using the correct vocabulary	Use appropriate language to describe your own work and others e.g. shaky, jerky, circling
Show angry, happy, sad facial expressions	Say what your dance is about	Practice and perform your own dance phrase	Describe how a dance can make you feel e.g. happy, sad, hungry	Describe your own dance and how it makes you feel using correct vocabulary