

# PE - Dance Curriculum Overview



Year group	Head	Heart	Hands
EYFS Skills	Head <ul style="list-style-type: none"> <li>copy sequences and repeat them</li> </ul>	Heart <ul style="list-style-type: none"> <li>work as part of a group or class</li> <li>sensitivity to others' needs and feelings, and form positive relationships with adults and other children</li> <li>confident to try new activities, and say why they like some activities more than others</li> </ul>	Hands <ul style="list-style-type: none"> <li>show good control and co-ordination in large and small movements</li> <li>move confidently in a range of ways, safely negotiating space</li> <li>move and stop safely</li> </ul>
Year 1 Skills	Head <ul style="list-style-type: none"> <li>make up a short dance</li> <li>dance imaginatively</li> <li>plan and show a sequence of movements</li> </ul>	Heart <ul style="list-style-type: none"> <li>listen carefully to teacher and peers</li> <li>work well with others</li> <li>always try to join in with activities</li> </ul>	Hands <ul style="list-style-type: none"> <li>copy dance moves</li> <li>change rhythm, speed, level and direction</li> <li>dance with control and co-ordination</li> </ul>
Year 2 Skills	Head <ul style="list-style-type: none"> <li>make a sequence by linking sections together</li> <li>link some movement to show a mood or feeling</li> <li>use imagination in response to a range of stimuli</li> </ul>	Heart <ul style="list-style-type: none"> <li>make others feel successful</li> <li>work independently and with a partner to create a dance sequence</li> <li>helps others</li> </ul>	Hands <ul style="list-style-type: none"> <li>copy and explore basic patterns of movement with increased body control</li> <li>change rhythm, speed, level and direction</li> <li>creatively vary the shape and size of body</li> </ul>
Year 3 Skills	Head <ul style="list-style-type: none"> <li>repeat, remember and perform phrases in a dance</li> <li>use a greater number of own ideas for movement in response to a task</li> <li>work independently to create a short dance in blocks of 8 that suits a given theme</li> <li>use appropriate dance vocabulary to compare and improve work</li> </ul>	Heart <ul style="list-style-type: none"> <li>work independently and with a partner to create a dance sequence</li> <li>share and create phrases with a partner and in small groups</li> </ul>	Hands <ul style="list-style-type: none"> <li>can improvise freely, translating ideas from a stimulus into movement</li> <li>perform with variation in speed and level during a pattern of movement</li> <li>move with some rhythm, timing and unison as part of a dance</li> </ul>
Year 4 Skills	Head <ul style="list-style-type: none"> <li>work with a partner to create, repeat and improve a dance with at least three phases</li> <li>use imagination to develop actions and motifs</li> <li>use unison and canon as part of a dance</li> <li>use appropriate dance vocabulary to evaluate and improve work</li> </ul>	Heart <ul style="list-style-type: none"> <li>work in a small group to create a short dance in blocks of 8 that suits a given theme</li> <li>share and create phrases with a partner and in small groups.</li> </ul>	Hands <ul style="list-style-type: none"> <li>move with precision and control especially when moving with other children</li> <li>move with increased rhythm</li> <li>range of movement vocabulary to use in dances</li> </ul>
Year 5 Skills	Head <ul style="list-style-type: none"> <li>compose my own dances in a group creatively and imaginatively, in blocks of 16</li> <li>use complex dance vocabulary when describing a performance</li> <li>use unison and canon as part of a dance</li> <li>work on movements and refine them</li> </ul>	Heart <ul style="list-style-type: none"> <li>adapt my activities to help others</li> <li>can listen to other's ideas and follow their instructions</li> <li>can lead others in a simple activity</li> </ul>	Hands <ul style="list-style-type: none"> <li>use flexibility, technique and movement to create a dance that flows</li> <li>perform with expression</li> <li>use different styles of movement to improve a dance</li> </ul>
Year 6 Skills	Head <ul style="list-style-type: none"> <li>develop imaginative dances in a specific style</li> <li>choose own music, style and dance</li> <li>choreograph a dance working to the beat of the music in blocks of 32</li> </ul>	Heart <ul style="list-style-type: none"> <li>combine own work with that of others</li> <li>lead by example</li> <li>enjoy performing to others</li> </ul>	Hands <ul style="list-style-type: none"> <li>perform to an accompaniment, expressively and sensitively</li> <li>movements are controlled</li> <li>dance shows clarity, fluency, accuracy and consistency</li> </ul>