



Progression in PE

Artistic

Dance

	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
	<i>Practicing the skills</i>	<i>Taking part in the game Applying the skills Evaluation of skills</i>	<i>Positive contribution to physical and mental health</i>	
Y1	<p>Move confidently and safely in your own and general space, using changes of speed, level and direction.</p> <p>Perform movement phrases using a range of different body actions and body parts - with control and accuracy.</p>	<p>Describe what they have done or seen others doing. Respond imaginatively to a range of stimuli.</p> <p>Create linked movements, combining different ways of travelling, with beginnings, middles and ends.</p>	<p>Describe what it feels like to breathe quickly during exercise.</p> <p>Understand why being active and playing games is good for you.</p>	<p>Actions Beat Character Copy Count Create Dance Direction Imagination Move Performance Position</p>
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Y2	<p>Perform a range of actions and simple movement patterns with control and coordination.</p>	<p>Describe phrases and expressive qualities.</p> <p>Watch and describe a performance accurately and recognise what is successful. Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas.</p>	<p>Begin to understand the importance of warming up.</p>	<p>Actions Beat Smart Character Level Performance Movement Neat Count Practise Expression Improve Create</p>

		Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness. Work individually and with others.		Imagination Unison
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Y3	Show control, accuracy and fluency of movement when performing actions with a partner. Develop dance phrases using canon, unison, repetition, action/reaction, and question/answer. Combine actions and maintain the quality of performance when performing at the same time as a partner.	Describe and evaluate the effectiveness and quality of a dance. Collaborate with others. Explore and create narratives in response to a stimulus. Communicate what you want through your dances and perform with control.		Audience Canon Choreography Level Fluency Performance Phrase Position Control Tutting Emotions Expressions Rhythm Unison Count
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Y4	Perform dances using a range of movement patterns - accurately, fluently, consistently and with control.	Be able to describe your own dance, taking characters into account as well as identifying what they need to practice to improve their dance. Work well as part of a team Explore and create characters and narratives in response to a range of stimuli. Use different compositional ideas to create motifs	Understand the link between heart rate and breathing when exercising.	Performance Phrase Control Emotions Timing Expressions Rehearse Rhythm Unison Canon Choreography Fluency Health and fitness Pose

		<p>incorporating unison, canon, action, and reaction.</p> <p>Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group.</p>		Routine
	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
Y5	<p>Continue to develop a broader range of skills and movement patterns, exploring and practicing movement ideas inspired by a stimulus.</p>	<p>Identify which aspects were performed consistently, accurately, fluently, and clearly and be able to provide feedback.</p> <p>Work effectively as part of a team.</p> <p>Perform a range of movements accurately with a sense of rhythm.</p> <p>Use basic compositional principles when creating dances - combining movements fluently and effectively.</p> <p>Create and structure dance motifs, phrases, and sections of dances, developing expressive qualities.</p>	<p>Explain how their bodies reacts and feels when taking part in different activities and undertaking different roles</p>	<p>Emotions</p> <p>Expressions</p> <p>Rehearse</p> <p>Unison</p> <p>Canon</p> <p>Choreography</p> <p>Fluency</p> <p>Tutting</p> <p>Routine</p> <p>Together</p> <p>Question and answer</p>
	Competence	Strategies, Tactics, Rules	Healthy, active lifestyle	Vocabulary
Y6	<p>Move in a way that reflects the music.</p> <p>Explore and practice movement ideas inspired by a stimulus.</p>	<p>Share ideas in small groups, working together to create a routine incorporating different elements.</p>		<p>Imaginative</p> <p>Emotive</p> <p>Expressive</p> <p>Rehearse</p> <p>Choreography</p>

		<p>Perform dances in both canon and unison, with clarity and confidence.</p> <p>Use imagination to develop dances to music and develop expressive qualities.</p> <p>Explore, improvise, and combine movement ideas fluently and effectively.</p> <p>Perform movements to an audience with rhythm and confidence.</p>		<p>Pace</p> <p>Question and answer</p> <p>Confidence</p> <p>Experiment</p> <p>Formation</p> <p>Intensity</p>
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