

Woodcocks' Well C of E Primary School

Dance Progression Model

	Knowledge	Skills	Vocabulary
1	<ul style="list-style-type: none"> • Know how to travel safely and show an awareness of others • Know and use the vocabulary for the Year group. • To know where their heart is and understand why it beats faster when exercising. 	<ul style="list-style-type: none"> • Be able to copy some moves • Develop Control of movement using <p>Actions (what) – travel, stretch, turn Space (Where) – Forwards, backwards Relationships (Who) – On Own Dynamics (How) – slowly & quickly</p> <ul style="list-style-type: none"> • Remember a short dance 	Travel Stretch Turn Forwards Backwards Slowly Quickly
2	<ul style="list-style-type: none"> • Know the changes in the body when dancing. • Know how dancing can contribute to keeping healthy. • Know and use the vocabulary for the Year group. 	<ul style="list-style-type: none"> • Develop Control of movement using <p>Actions (what) – twist, turn, jump Space (Where) – sideways, high, low Relationships (Who) – with a partner</p> <ul style="list-style-type: none"> • Dynamics (How) – slowly and quickly with appropriate expression • Create a dance with 4 actions and remember it to perform 	Twist Sideways Expression perform
3	<ul style="list-style-type: none"> • Know and use simple dance vocabulary (Yr 1-3) • Understand the importance of warming up and cooling down. 	<ul style="list-style-type: none"> • Create a dance phrase to communicate an idea • Develop Control of movement using <p>Actions (what) – travel, turn jump Space (Where) – direction and levels Relationships (Who) – whole group, duo,</p>	Motif Dance phrase Direction Levels Duo solo

		<p>solo</p> <p>Dynamics (How) – explore speed</p> <ul style="list-style-type: none"> • Choreographic devices - motif 	
4	<ul style="list-style-type: none"> • Know and use the vocabulary for the Year group. • Know and describe what you need to do to warm up and cool down for dance. 	<ul style="list-style-type: none"> • Develop Control of movement using <p>Actions (what) – twist, turn, jump, gesture, stillness</p> <p>Space (Where) – sideways, high, low , direction & formation</p> <p>Relationships (Who) – As yr3 with unison and canon</p> <p>Dynamics (How) – explore speed and energy</p> <ul style="list-style-type: none"> • Choreographic devices – motif development and repetition • Structure a dance phrase showing a clear beginning, middle and end • Link phrases to music 	<p>Unison</p> <p>Canon</p> <p>Choreographic</p> <p>Gesture</p> <p>Stillness</p> <p>Energy</p> <p>Speed</p> <p>Repetition</p> <p>phrase</p>
5	<ul style="list-style-type: none"> • Know different dance styles and traditions. • Know and use the vocabulary for the Year group. 	<ul style="list-style-type: none"> • Create longer dance phrases • Select appropriate movement to express ideas and thoughts • Develop Control of movement using <p>Actions (what) – twist, turn, jump, gesture, stillness</p> <p>Space (Where) – direction, level & formation</p> <p>Relationships (Who) – As yr4 with solo, duo, trio</p> <p>Dynamics (How) – explore speed and</p>	<p>Motif</p> <p>Motif development</p> <p>Formation</p> <p>Trio</p> <p>Choreographic device</p> <p>Energy</p>

		<p>energy, heavy/light</p> <ul style="list-style-type: none"> • Choreographic devices – motif development and repetition • To be able to organise warm up and cool down activities 	
6	<ul style="list-style-type: none"> • Know and use the vocabulary for the Year group. • Know why dance is good for their fitness, health and well being. 	<ul style="list-style-type: none"> • Create longer dance phrases • Select appropriate movement to express ideas, thoughts and feelings • Develop Control of movement using <p>Actions (what) – twist, turn, jump, gesture, stillness</p> <p>Space (Where) – direction, level & formation, pathways</p> <p>Relationships (Who) – As yr5 with contrast</p> <p>Dynamics (How) – explore speed and energy, heavy/light, flowing sudden</p> <ul style="list-style-type: none"> • Choreographic devices – retrograde • Link phrases to music 	<p>Retrograde</p> <p>Pathways</p> <p>Contrast</p> <p>Flowing</p> <p>Sudden</p>