

CAPTAIN WEBB PRIMARY SCHOOL

Dance - National Curriculum coverage.

EYFS

- Move energetically whilst dancing.

Key stage 1

- Perform dances using simple movement patterns.

Key stage 2

- Perform dances using a range of movement patterns.
- Develop flexibility, strength, technique, control, and balance.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

3 Pillars of PE

Rules strategies and Tactics

Motor Competence

Healthy Participation

Declarative Knowledge

EYFS			KS1		KS2			
Range 4	Range 5	Range 6	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
I know that dance involves moving different body parts.	I know that mirroring means to copy.	<p><u>Motif</u> I know that a motif can give me ideas on how to move.</p> <p><u>Contrast</u> I know that changing the speed of a dance movement can show different emotions.</p>	<p><u>Motif</u> I know that motifs can help me create and develop simple movements for my dance performance.</p> <p><u>Contrast</u> I know that contrast can be changing the level of a movement to help show meaning.</p> <p><u>Repetition</u> I know that repetition can help reinforce my idea.</p> <p><u>Highlights & Climaxes</u> I know that highlights and climax are moments that the audience will remember.</p> <p><u>Relationships</u> I know that when my partner creates a dance movement, I respond by performing one back.</p> <p><u>Health and fitness</u> I know that my body can feel hotter after an activity.</p>	<p><u>Motif</u> I know that motifs can help me create and develop simple movements for my dance performance.</p> <p><u>Contrast</u> I know that contrast can be changing the direction of a movement to help show meaning.</p> <p><u>Repetition</u> I know that repetition can help reinforce my idea.</p> <p><u>Highlights & Climaxes</u> I know that highlights and climax are moments that the audience will remember.</p> <p><u>Relationships</u> I know that unison means to perform the same movements at the same time as my group.</p> <p><u>Health and fitness</u> I know that my body can sweat and feel hotter during and after an activity.</p>	<p><u>Motif</u> I know that motifs can help me create and develop a range of movements for my dance performance.</p> <p><u>Contrast</u> I know that contrast can be changing the size of a movement to help communicate meaning.</p> <p><u>Repetition</u> I know that repetition can help contribute to the structure of the dance.</p> <p><u>Highlights & Climaxes</u> I know that highlights and climax are important moments that the audience will remember.</p> <p><u>Relationships</u> I know that when my partner creates a dance movement, I respond by performing one back.</p> <p><u>Health and fitness</u> I know that warming up and cooling down can prevent injury.</p>	<p><u>Motif</u> I know that motifs can help me create and develop a range of movements for my dance performance.</p> <p><u>Contrast</u> I know that contrast can be changing the pathway of a movement to help communicate meaning.</p> <p><u>Repetition</u> I know that repetition can help reinforce my idea and contribute to the structure of the dance.</p> <p><u>Highlights & Climaxes</u> I know that highlights and climax are important moments that the audience will remember.</p> <p><u>Relationships</u> I know that canon is taking it in turns to perform a movement that is then identically copied and performed by others.</p> <p><u>Health and fitness</u> I know that exercise helps your heart work more efficiently and improves your strength and endurance.</p>	<p><u>Motif</u> I know that motifs can help me create and develop a movement phrase for my dance performance.</p> <p><u>Contrast</u> I know that contrast can be changing the level and speed of a movement to help communicate meaning.</p> <p><u>Repetition</u> I know that repetition can communicate meaning and contributes to the structure of the dance.</p> <p><u>Highlights & Climaxes</u> I know that highlights and climax are significant moments that the audience will remember.</p> <p><u>Relationships</u> I know that accumulation is when you build up a sequence of movements until the group are all dancing in unison.</p> <p><u>Health and fitness</u> I know that increasing the tempo of an exercise can increase the heart rate.</p>	<p><u>Motif</u> I know that motifs can help me create and develop a range of movement patterns for my dance performance.</p> <p><u>Contrast</u> I know that contrast can be changing the level and pathway of a movement to help communicate meaning.</p> <p><u>Repetition</u> I know that repetition can communicate meaning and contributes to the structure of the dance.</p> <p><u>Highlights & Climaxes</u> I know that highlights and climax are significant moments that the audience will remember.</p> <p><u>Relationships</u> I know that counterpoint is when you perform different dance phrases at the same time as your group members.</p> <p><u>Health and fitness</u> I know the tempo of a cool down needs to gradually decrease to slow down the heart rate. I know that exercise helps your heart work more efficiently, so you have more energy.</p>

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Procedural Knowledge	<p>I can move in response to music.</p>	<p>I can copy body movement.</p> <p>I can join in with dancing by moving different body parts.</p>	<p><u>Motif</u> I can use the parts of a bus to create my dance movements.</p> <p><u>Contrast</u> I can change the speed of my dance movements.</p> <p><u>Repetition</u> I can gain interest by repeating a short dance sequence.</p> <p><u>Highlights & Climaxes</u> I can create a moment of stillness to end my dance performance.</p> <p><u>Relationships</u> I can use call and respond gestures with my partner.</p> <p><u>Performance</u> I can perform my dance sequence.</p> <p><u>Evaluating</u> I can describe what other people have done.</p>	<p><u>Motif</u> I can identify movements related to a superhero and use these to create a simple dance sequence.</p> <p><u>Contrast</u> I can use my motif and change the level of these movements.</p> <p><u>Repetition</u> I can gain interest by repeating a short dance sequence.</p> <p><u>Highlights & Climaxes</u> I can use different speeds for my dance actions.</p> <p><u>Relationships</u> I can show unison in a group dance.</p> <p><u>Performance</u> I can perform my dance sequence.</p> <p><u>Evaluating</u> I can talk about what I and others have done.</p>	<p><u>Motif</u> I can identify movements related to medieval times and use these to create a simple dance sequence.</p> <p><u>Contrast</u> I can change and vary the direction of movements in my dance sequence.</p> <p><u>Repetition</u> I can gain interest by repeating a short dance sequence.</p> <p><u>Highlights & Climaxes</u> I can use different speeds for my dance actions.</p> <p><u>Relationships</u> I can use contact to create call and respond phrases with my partner.</p> <p><u>Performance</u> I can perform my dance sequence.</p> <p><u>Evaluating</u> I can explain how my work is similar and different from that of others.</p> <p>I can recognise how performances could be improved with some help.</p>	<p><u>Motif</u> I can identify movements related to heroes and villains and use these to create a dance sequence.</p> <p><u>Contrast</u> I can use small movements to communicate evil traits and big movements to show power.</p> <p><u>Repetition</u> I can gain interest by repeating a dance sequence or motif.</p> <p><u>Highlights & Climaxes</u> I can perform in unison with a group in an agreed formation.</p> <p><u>Relationships</u> I can use contact to create call and respond phrases with my partner.</p> <p><u>Performance</u> I can perform my dance sequence.</p> <p><u>Evaluating</u> I can explain how their work is similar and different from that of others.</p> <p>I can use comparison to someone else's performance to improve my own.</p>	<p><u>Motif</u> I can identify movements related to sea creatures and use these to create a dance sequence.</p> <p><u>Contrast</u> I can create travelling motifs on different pathways.</p> <p><u>Repetition</u> I can gain interest by repeating a dance sequence or motif.</p> <p><u>Highlights & Climaxes</u> I can change the speed of my dance movements and use moments of stillness to emphasise a motif.</p> <p><u>Relationships</u> I can use canon to copy dance movements performed by others.</p> <p><u>Performance</u> I can perform my dance sequence.</p> <p><u>Evaluating</u> I can explain how their work is similar and different from that of others.</p> <p>I can use my own observations to improve my performance.</p>	<p><u>Motif</u> I can identify movements related to the River Nile and use these to create a dance sequence.</p> <p><u>Contrast</u> I can change the level and acceleration of my movement phrase to represent the tempo of the music.</p> <p><u>Repetition</u> I can gain interest by repeating a dance sequence.</p> <p><u>Highlights & Climaxes</u> I can perform different movement phrases simultaneously as a group.</p> <p><u>Relationships</u> I can use accumulation to add interest and variety to my dance.</p> <p><u>Performance</u> I can perform my dance sequence.</p> <p><u>Evaluating</u> I can compare and comment on skills, techniques, and ideas that I and others have used.</p> <p>I can use my own observations to improve my performance.</p>	<p><u>Motif</u> I can identify movements related to electricity and use these to create a simple dance sequence.</p> <p><u>Contrast</u> I can change the level and pathway of my movement phrase to represent being pulled by a magnet.</p> <p><u>Repetition</u> I can gain interest by repeating a dance sequence.</p> <p><u>Highlights & Climaxes</u> I can use space to get into a dance formation and use stillness to end my dance performance.</p> <p><u>Relationships</u> I can use counterpoint to add interest and variety to my dance.</p> <p><u>Performance</u> I can perform my dance sequence.</p> <p><u>Evaluating</u> I can analyse and explain why I have used specific skills or techniques.</p> <p>I can modify the use of skills or techniques to improve my performance.</p>
	Vocabulary								
	<p>Dance Body parts Music</p>	<p>Mirroring Copy Movement Join in</p>	<p>Speed Motif Ideas Sequence</p>	<p>Contrast Level Repetition Reinforce Highlights Climaxes Relationship</p>	<p>Develop Direction Unison</p>	<p>Size Structure Call Respond Phrase Formation</p>	<p>Pathway Canon Stillness</p>	<p>Level Speed Accumulation Simultaneously</p>	<p>Level Pathway Counterpoint space</p>

Health and fitness
I can show an increasing desire to be independent, such as wanting to dress or undress.

Health and fitness
I can become increasingly independent as I get dressed and undressed.

Health and fitness
I can get changed into my PE kit.