

Dance progression at Christ Church Infants School

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| <p>Early Years Outcomes</p> <ul style="list-style-type: none"> -Physical activity is vital in children’s all round development, enabling them to pursue happy, healthy and active lives. - To support the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. - Adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. - Repeated and varied opportunities to explore and play with feedback and support from adults, allow children to develop proficiency, control and confidence. - Perform trying to move in time with music | <p>National Curriculum aims at KS1</p> <p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities; <ul style="list-style-type: none"> • Use movement imaginatively, responding to stimuli, including music and performing basic skills •change rhythm, speed, level and direction of their movements •create and perform dances using simple movement patterns, including those from different times and cultures •express and communicate ideas and feelings |
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| Reception | Year 1 | Year 2 |
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| Health and fitness | | |
| I can show some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health. | <p>I can show how to exercise safely.</p> <p>I can discuss how my body feels during exercise.</p> | I can explain why you need to warm up and cool down. |
| Acquiring and developing skills in Dance | | |
| <p>I can experiment with different ways of moving.</p> <p>I can move to music.</p> <p>I can copy some simple dance movements.</p> | <p>I can copy and explore basic body actions and movement patterns.</p> <p>I can move in time to the music.</p> | <p>I can copy, repeat and remember dance moves and shapes.</p> <p>I can move with control and co-ordination and in time to the music.</p> |

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| <p>I can join a range of simple movements together.</p> <p>I can change the speed of my actions.</p> <p>I can move around the space safely.</p> | <p>I can select dance movements to create my own dance phrase with a beginning, middle and end.</p> <p>I can vary the speed of my actions.</p> | <p>I can perform a dance phrase with 2 or more joined movements/ shapes.</p> <p>I can change the speed and level of my actions.</p> |
| Compete/ Perform | | |
| <p>I can control my body when performing a sequence of movements.</p> | <p>I can perform using a range of actions and body parts with some co-ordination.</p> <p>I can begin to perform learnt skills with some control.</p> | <p>I can perform sequences of my own with composition and co-ordination.</p> <p>I can perform learnt skills with increasing control.</p> |
| Evaluating and improving performance | | |
| <p>I can talk about what I have done.</p> <p>I can talk about what others have done.</p> | <p>I can watch and describe performances.</p> <p>I can begin to say how they could improve.</p> | <p>I can watch and describe performances and use what I have seen to improve my own performance.</p> <p>I can talk about the differences between my work and that of others.</p> |