Dance & Gymnastics

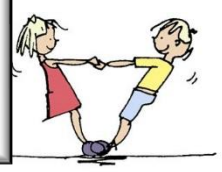
Ambition - Community - Equality

Year 7

- Improvise and explore space with confidence when dancing.
- Use rhythm and mood to dance with confidence.
- Demonstrate 3 paired balances in sequence using various skills/ actions.
- Transfer a sequence to floor and apparatus.
- Create a sequence using a full range of movements)

Year 6

- Vary dynamics, levels and direction in a sequence.
- I can combine my own work and ideas with others'.
- Show changes of pace when dancing.
- Perform dances to fit different styles or eras.
- Follow rules to make up a sequence (maybe made by a partner)
- I am producing a range of shapes, rolls and balances, including counter balances.
- Perform actions to fit with the chosen style (Bhangra, street).
- Complete a range of rolls, using floor and apparatus.



Year 5

- Show changes to a routine based on feedback.
- Perform stag/scissor leaps and a straddle forward roll.
- Create sequences linked to themes and share advice to self/ others.
- Use equipment to vault in different ways.
- Create match and mirror sequences.
- Improvise to stimuli based on character/ music/ story.

Year 4

- Begin to use equipment to create movements (e.g. ball, hoop, ribbon)
- Independently create sequences for a person/pair.
- Perform simple moves using canon and unison.
- Complete 2-1 foot leaps/ cat leaps.
- Know and use a range of patch and point balances.
- Work with a partner/group to create a story in dance.
- Begin to use a vault.

Year 3

- Perform sequences with at least 3 actions, even in a pair.
- Link shapes, travels and rolls to a balance on floor and apparatus
- Be still and show tension/ control.
- Complete a teddy bear roll.
- Link movements to moods/ feelings.
- Hop and leap with control and with body shapes in flight.
- Give advice to others.

Year 2

- Roll in different ways (egg and log rolls).
- Complete 5 patch balances (bottom, back, front, shoulder, side.).
- Innovate a dance sequence based on a class story.
- Travel in different ways, including along benches.
- Perform straight and bunny hop jumps.
- Copy a sequence in gymnastics or dance.
- Change directions and replicate animal movements.

Year 1

- Balance on one foot and start to copy tip toe, side steps and heel-toe walking.
- Travel differently (slide, crawl, walk, jump).
- Begin to stand on one foot when shown.
- I can begin to know how to play games
- Copy feelings and faces when moving.
- Move when told and in response to music.
- Use benches and boxes to pull myself up.

Nursery & Reception