**Dance – Skills Ladder**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Foundation Stage** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| I can move freely in a variety of different ways | I can move in different ways changing direction | I can move confidently, changing direction, level. Speed weight & size of my movements | I can change direction, speed & levels within a performance | I can change direction, speed & levels with increased control & precision | I can compose, create imaginative linger dance sequences, which reflect a theme or tells a story | I can create & perform complex sequences |
| I can begin to move confidently | I can move confidently developing balance, control, & coordination | I can copy & remember moves & positions | I can begin to create & perform imaginative movements to fit with different stimuli | I can move in a clear, fluent & expressive manner, responding to stimuli, creating movement phrases using specific skills | I can begin to perform expressively in line with mood & music | I can perform expressively & hold a precise & strong body posture |
| I can create various movements in response to music | I can move at different speeds & levels | I can choose appropriate movements to communicate mood, feeling & ideas | I can begin to move fluently & expressively in line with mood & feelings/emotions | I can perform a short dance with expression | I can link & develop a series of dance motifs, manipulating different elements, such as spacing, tempo, drama & interest | I can perform with high energy, clow grace or other themes & maintain this throughout a performance |
| I can listen to music & begin to clap the beat | I can listen & respond to music & video, clapping the beat & create movements with a partner | I can listen to music; count beats & change my movement in line with rhythm/style/mood of the music | I can develop suppleness through stretching | I can develop physical strength by practicing moves | I can describe how mu performance has improved over the lessons | I can demonstrate a range of dance techniques, such as isolation, tempo & repetition |
| I can move to music & begin to learn dances | I can move to music & build a repertoire of dances, using simple movements | I can work with a partner & dance a duet, synchronising movements in different formations | I can develop new actions with a partner/small group & suggest ideas towards a performance | I can create dances & movements that convey a clear idea | I can express an idea in original & imaginative ways with a partner & small group, working with them to choreograph effective routines | I can confidently express an idea in original & imaginative ways within a small group or class |
| I can begin to link simple movements & repeat them | I can link 2 or more actions in a sequence | I can link a variety of movements/actions in a sequence & repeat | I can refine movements in sequences to create a dance montage | I can begin to design my own movement phrases, plan, perform & repeat sequences, using a range of dance techniques | I can plan, perform & repeat sequences with confidence | I can perform complex moves that combine strength & stamina gained through gymnastics (cartwheels, handstands) |