



EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Copy basic body actions and rhymes.	Copy, remember and repeat actions.	Copy, remember and repeat a series of actions.	Copy, remember and perform a dance phrase.	Copy, remember, adapt and perform a dance phrase.	Accurately copy, repeat and adapt dance phrases in different styles	Perform dances confidently and fluently with accuracy and good timing.
Move freely with confidence and pleasure in a range of different ways.	Use changes of direction, speed and levels with guidance.	Use pathways, levels, shapes, directions, speeds and timing with guidance.	Begin to improvise independently to create a simple dance.	Confidently improvise with a partner or on their own to create a simple dance.	Demonstrates strong, flexible and fluent techniques and movements.	Demonstrates strong, flexible, creative and fluent techniques and movements.
Experiment with different ways of moving.	Learn how to move their bodies in a variety of ways.	Learn how to link simple body movements and shapes in different ways.	Learn a variety of travels, gestures, turns, jumps and balances with good composure and control.	Develop basic actions and skills using dynamics, space and relationship, turns, jumps and balances with good composure and control.	Explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group.	Explore, improvise and combine movement ideas fluently and effectively, and beginning to show a change of pace and timing in their movements.
Complete simple sequences from a range of stimuli.	Create and perform dance movements and simple sequences using simple movement patterns.	Create and perform dances using simple movement patterns with clear links and an obvious start, middle and end.	Learn a short sequence with a clear beginning, middle and end that can be performed on their own and in a group, with 8-20 steps.	Compose short dances with a clear beginning, middle and end that can be performed on their own and in groups with 8-20 steps.	Explore and experiment with a stimulus for a given audience.	Explore and experiment with a stimulus and demonstrate a strong imagination.
Move in time to music.	Respond to different stimuli/music showing a range of emotions and movements.	Remember and perform short dance routines to stimuli/music, through actions, dynamics and expression.	Learn how to develop actions and movements within short dances by changing the dynamics, space and relationship.	Learn how to develop actions and movements within short dances by changing the dynamics to express changes in character or narrative.	Compose, adapt and refine more complex routines with clear sections, starting to use unison, canon, repetition, and through changing the dynamics, space and relationships.	Compose, evaluate, adapt and refine more complex routines with clear sections, using unison, canon, repetition, and through changing the dynamics, space and relationships.
Move around the space safely.	Uses space well and negotiates space clearly.	Uses and negotiates space effectively.	Respond to music in time and rhythm and to express a variety of moods and feelings.	Use counts to keep in time when choreographing short phrases.	Can remember and perform a dance routine to an audience with 20+ steps.	Can remember and perform a dance routine to any audience with 20+ steps.