

Progression of skills in Dance

Fundamental movement skills links

Shapes	Circles	Partnering	Artistry
Static Balance: One Leg Static Balance: Seated Static Balance: Floor Work Static Balance: Stance	Dynamic Balance: Jumping and Landing Coordination: Footwork	Counterbalance with a Partner Dynamic Balance: Jumping and Landing Coordination: Footwork	Static Balance: One Leg Dynamic Balance: Jumping and Landing Coordination: Footwork

	Shapes	Circles	Partnering	Artistry
EYFS Explore Tricky 1 skills	I can: - Create multiple standing and floor shapes - balanced on both feet. - with limbs in different planes. - with 3 points of contact. - facing down. - Travel between shapes including jumping.	I can: - Create movements led by large horizontal single arm circles and semi-circles leading into - stepping. - turning. - Jump from a static position, arms up and down.	Partnering (Shapes) I can: - Create standing and floor shapes in contrast to my partner's - with our body parts crossing over. - Travel between shapes in unison.	Artistry (Abstraction) I can: - Create 2 ways of moving linked to the silk - using both hands at the same time. - connected to standing shapes.
Year 1 Consolidate Tricky 1 skills			Partnering (Circles) I can: - Turn forwards and backwards through horizontal large arm circle - and finish away. - in unison. - in canon. - Create, in unison, jumps with rotation from a static position.	Artistry (Musicality)* I can: - Create shapes and movements to express how the music makes me feel - following 1 instrument. - following a story with movement. Artistry (Making) I can: - Create a sequence of 4 moves with some being different to my partner's.

	Shapes	Circles	Partnering	Artistry
Year 2 Consolidate Tricky 2 skills	I can: ● Create multiple standing and floor shapes - with torso beginning to rotate. - with 3 points of contact with the floor. - facing down and up. ● Travel between shapes including jumping with rotation.	I can: ● Create movements led by large vertical single arm circles and semi-circles leading into - stepping. - body movements. - turning. - jumps with 180° and 360° rotations.	Partnering (Shapes) I can: ● Create standing and floor shapes - opposite and entwined with my partner. - in close contact but without touching. ● Incorporate jumping when travelling between shapes - in canon. Partnering (Circles) I can: ● Create movement and turn forwards and backwards through horizontal and vertical large arm circle and semi-circle - in unison. - finishing in partner shapes. ● Create jumps from foot circles - jumping in unison.	Artistry (Abstraction) I can: ● Create 2 ways of moving linked to the silk - using 3 or 4 limbs and pausing throughout my movement. - fluently and without stopping. Artistry (Musicality) I can: ● Create shapes, circles and silk movements to - express the music. - change my moves so they match different music. Artistry (Making) I can: ● Create a sequence of 5 static and dynamic moves - in contrast to my partner's. - using different partner shapes. - at different levels. - with different timings.