

# Dance

## Progression Grid

### Move Statement of Intent

Move offers a coherently planned sequence of lessons to help teachers ensure they have progressively covered the requirements of the PE National Curriculum. The Twinkl Move scheme of work ensures that children have a varied and well mapped out PE curriculum. It provides the opportunity for progression across the full breadth of the PE National Curriculum for KS1 and KS2 for both indoor and outdoor PE. This progression is clearly identified on progression maps and each lesson has been carefully planned to match these. In KS1, the focus of the PE curriculum is on the development of the fundamental skills that will be built upon in KS2 when they are applied in specific sports. At Twinkl Move, it is our intention to develop a lifelong love of physical activity, sport and PE in all young people. We aim to help ensure a positive and healthy physical and mental outlook in the future and help young people to develop essential skills like leadership and teamwork. Within each lesson, we strive to give every child the opportunity to develop skills in PE, consider the impact on their health and fitness, compete/perform and evaluate. These elements are always clearly identified both in lesson plans and on progression maps. All lessons are carefully differentiated which helps to ensure that learning is as tailored



### Move Implementation

and inclusive as possible. It is also the intention of Twinkl Move to ensure that every child has access to at least 60 minutes of physical activity every day.

Our detailed lesson plans ensure that all teachers are equipped with the secure subject knowledge required to deliver modern, high-quality teaching and learning opportunities for all areas of the PE National Curriculum. Technical glossaries, skills posters and adult guidance support teachers in their subject knowledge, allowing them to share technical vocabulary and skills clearly, confidently and concisely. Our overarching aim is for teachers to have the knowledge and skills they need to feel confident in teaching all areas of PE, regardless of their main areas of expertise. Lessons are planned alongside subject-specific progression maps to ensure that children are given the opportunity to practise existing skills and also build on these to develop new or more advanced skills. There is a structure to the lesson sequence whereby prior learning is always considered and opportunities for revision and practise are built into lessons. However, this is not to say that this structure should be followed rigidly: it allows for this revision to become part of good practice and ultimately helps build depth to the children's knowledge, skills and understanding in PE. Interwoven into the teaching



sequence are key assessment questions which are identified in green. These allow teachers to assess the different levels of understanding at various points in the lesson and also allow time to recap concepts where necessary, helping to embed learning. Formative assessments are supported through the inclusion of assessment grids on lesson plans where notes can be recorded to show different children's achievements and where challenge or support is required in future lessons. PE learning journeys are intended to show a personal formative record from the child's perspective. A more formal summative assessment spreadsheet is included to help monitor the impact against National Curriculum aims. Move includes resources specifically aimed at ensuring all children have access to at least 60 minutes of physical activity every day. The Daily Move provides a fun, regular 15-minute exercise plan, home learning tasks that are designed to encourage physical activity for 15 minutes at home each day and active break resources aimed to break up sedentary learning time.



### Move Impact

Each unit is mapped against the progression documents to ensure that learners develop detailed knowledge and skills across the full breadth of the PE curriculum through engaging and age-appropriate curriculum content. Our indoor units are often themed with strong cross-curricular links to other subjects and topics, such as Romans and Traditional Tales. This all helps to make the learning memorable, allowing links to be made and ultimately creating a higher level of engagement and understanding. Attainment and progress can be measured using our assessment spreadsheets. The high quality and consistent approach to PE teaching, that is a feature of the Twinkl Move PE lessons, should significantly improve attainment in knowledge and skills in PE. The impact of using the full range of Move resources, including display materials, will increase the profile of sport, PE and physical activity across the school. With technical PE vocabulary displayed, spoken and used by all learners, the learning environment will be more consistent across both key stages. Whole school and parental engagement will be improved through the use of active assemblies and PE-specific home learning tasks.



Early Years Outcomes










- The main Early Years Outcomes covered in the Dance units are:
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. (PD: ELG)
  - Listen attentively, move to and talk about music, expressing their feelings and responses. (EAD: Reception)
  - Watch and talk about dance and performance art, expressing their feelings and responses. (EAD: Reception)
  - Explore and engage in music making and dance, performing solo or in groups. (EAD: Reception)
  - Progress towards a more fluent style of moving, with developing control and grace. (PD: Reception)
  - Combine different movements with ease and fluency. (PD: Reception)
  - Develop overall body strength, balance, coordination and agility. (PD: Reception)

KS1 National Curriculum Aims

- 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. Pupils should be taught to:
- 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;
  - perform dances using simple movement patterns.

KS2 National Curriculum Aims

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics];
  - perform dances using a range of movement patterns;
  - compare their performances with previous ones and demonstrate improvement to achieve their personal best.

	<div>Reception</div> <div></div>	<div>Year 1</div> <div></div>	<div>Year 2</div> <div></div>	<div>Year 3</div> <div></div>	<div>Year 4</div> <div></div>	<div>Year 5</div> <div></div>	<div>Year 6</div> <div></div>
<div></div> <div>Health and Fitness</div>	<div>Describe how the body feels when still and when exercising.</div>	<div>Describe how the body feels before, during and after exercise.</div> <div>Carry and place equipment safely.</div>	<div>Recognise and describe how the body feels during and after different physical activities.</div> <div>Explain what they need to stay healthy.</div>	<div>Recognise and describe the effects of exercise on the body.</div> <div>Know the importance of strength and flexibility for physical activity.</div> <div>Explain why it is important to warm up and cool down.</div>	<div>Describe how the body reacts at different times and how this affects performance.</div> <div>Explain why exercise is good for your health.</div> <div>Know some reasons for warming up and cooling down.</div>	<div>Know and understand the reasons for warming up and cooling down.</div> <div>Explain some safety principles when preparing for and during exercise.</div>	<div>Understand the importance of warming up and cooling down.</div> <div>Carry out warm-ups and cool-downs safely and effectively.</div> <div>Understand why exercise is good for health, fitness and wellbeing.</div> <div>Know ways they can become healthier.</div>
<div></div> <div>Dance Skills</div>	<div>Join a range of different movements together.</div> <div>Change the speed of their actions.</div> <div>Change the style of their movements.</div> <div>Create a short movement phrase which demonstrates their own ideas.</div>	<div>Copy and repeat actions.</div> <div>Put a sequence of actions together to create a motif.</div> <div>Vary the speed of their actions.</div> <div>Use simple choreographic devices such as unison, canon and mirroring.</div> <div>Begin to improvise independently to create a simple dance.</div>	<div>Copy, remember and repeat actions.</div> <div>Create a short motif inspired by a stimulus.</div> <div>Change the speed and level of their actions.</div> <div>Use simple choreographic devices such as unison, canon and mirroring.</div>	<div>Begin to improvise with a partner to create a simple dance.</div> <div>Create motifs from different stimuli.</div> <div>Begin to compare and adapt movements and motifs to create a larger sequence.</div> <div>Use simple dance vocabulary to compare and improve work.</div>	<div>Identify and repeat the movement patterns and actions of a chosen dance style.</div> <div>Compose a dance that reflects the chosen dance style.</div> <div>Confidently improvise with a partner or on their own.</div> <div>Compose longer dance sequences in a small group.</div>	<div>Identify and repeat the movement patterns and actions of a chosen dance style.</div> <div>Compose individual, partner and group dances that reflect the chosen dance style.</div> <div>Show a change of pace and timing in their movements.</div> <div>Develop an awareness of their use of space.</div>	<div>Identify and repeat the movement patterns and actions of a chosen dance style.</div> <div>Compose individual, partner and group dances that reflect the chosen dance style.</div> <div>Use dramatic expression in dance movements and motifs.</div> <div>Perform with confidence, using a range of movement patterns.</div>
	<div>Reception</div>	<div>Year 1</div>	<div>Year 2</div>	<div>Year 3</div>	<div>Year 4</div>	<div>Year 5</div>	<div>Year 6</div>

			<p>Use different transitions within a dance motif.</p> <p>Move in time to music.</p> <p>Improve the timing of their actions.</p>	<p>Perform with some awareness of rhythm and expression.</p>	<p>Demonstrate precision and some control in response to stimuli.</p> <p>Begin to vary dynamics and develop actions and motifs in response to stimuli.</p> <p>Demonstrate rhythm and spatial awareness.</p> <p>Change parts of a dance as a result of self-evaluation.</p> <p>Use simple dance vocabulary when comparing and improving work.</p>	<p>Demonstrate imagination and creativity in the movements they devise in response to stimuli.</p> <p>Use transitions to link motifs smoothly together.</p> <p>Improvise with confidence, still demonstrating fluency across the sequence.</p> <p>Ensure their actions fit the rhythm of the music.</p> <p>Modify parts of a sequence as a result of self and peer evaluation.</p> <p>Use more complex dance vocabulary to compare and improve work.</p>	<p>Demonstrate strong and controlled movements throughout a dance sequence.</p> <p>Combine flexibility, techniques and movements to create a fluent sequence.</p> <p>Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs.</p> <p>Show a change of pace and timing in their movements.</p> <p>Move rhythmically and accurately in dance sequences.</p> <p>Improvise with confidence, still demonstrating fluency across their sequence.</p> <p>Dance with fluency and control, linking all movements and ensuring that transitions flow.</p> <p>Demonstrate consistent precision when performing dance sequences.</p> <p>Modify some elements of a sequence as a result of self and peer evaluation.</p> <p>Use complex dance vocabulary to compare and improve work.</p>
	Compete/Perform						
	<p>Control my body when performing a sequence of movements.</p>	<p>Perform using a range of actions and body parts with some coordination.</p> <p>Begin to perform learnt skills with some control.</p>	<p>Perform sequences of their own composition with coordination.</p> <p>Perform learnt skills with increasing control.</p> <p>Compete against self and others.</p>	<p>Develop the quality of the actions in their performances.</p> <p>Perform learnt skills and techniques with control and confidence.</p> <p>Compete against self and others in a controlled manner.</p>	<p>Perform and create sequences with fluency and expression.</p> <p>Perform and apply skills and techniques with control and accuracy.</p>	<p>Perform own longer, more complex sequences in time to music.</p> <p>Consistently perform and apply skills and techniques with accuracy and control.</p>	<p>Link actions to create a complex sequence using a full range of movement.</p> <p>Perform the sequence in time to music.</p> <p>Perform and apply a variety of skills and techniques confidently, consistently and with precision.</p>
	Evaluate						
	<p>Talk about what they have done.</p> <p>Talk about what others have done.</p>	<p>Watch and describe performances.</p> <p>Begin to say how they could improve.</p>	<p>Watch and describe performances, and use what they see to improve their own performance.</p> <p>Talk about the differences between their work and that of others.</p>	<p>Watch, describe and evaluate the effectiveness of a performance.</p> <p>Describe how their performance has improved over time.</p>	<p>Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>Modify their use of skills or techniques to achieve a better result.</p>	<p>Choose and use criteria to evaluate own and others' performances.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>	<p>Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p>