



Name: \_\_\_\_\_

Year Group: \_\_\_\_\_

**Beginning 1:**

- Explore basic body actions.
- Begin to make single movements and combine movements using different parts of the body.
- Practise moving expressively and clearly.
- Try to choose movements that reflect the dance idea.
- With help, remember, repeat and link movement phrases and dances.
- Recognise why they feel out of breath when dancing.
- Recognise and describe some body actions and some expressive and dynamic qualities of movement.

**Within 1:**

- Perform basic body actions.
- Use different parts of the body singly and in combination.
- Show a sense of dynamic, expressive and rhythmic qualities in their own dance.
- Choose appropriate movements for different dance ideas.
- Remember and repeat short dance phrases and simple dances.
- Move with control.
- Vary the way they use space.
- Describe how their lungs and heart work when dancing.
- Describe basic body actions and simple expressive and dynamic qualities of movement.

**Secure 1/Exceeding:**

- Perform more complicated combinations of movement fluently and with control.
- Perform clearly and expressively.
- Show an awareness of phrasing and music.
- Choose movements that show a clear understanding of the dance idea.
- Say why their heart beats faster and their temperature rises when dancing.
- Talk about dance using a range of descriptive language.

Notes:

Working at/date assessed: