



Name: _____

Year Group: _____

Beginning 5:

- Create and perform simple dances that attempt to focus on the style of the dance.
- Take part in group dances.
- Take part in discussion about the structure of the dance or final performance.
- With help, choose exercises to warm up and cool down.
- Show some understanding of how to exercise safely in dance.
- Use simple words to talk about their own and other people's work.

Within 5:

- Compose motifs and plan dances creatively and collaboratively in groups.
- Adapt and refine the way they use weight, space and rhythm in their dance to express themselves in the style of dance they use.
- Perform different styles of dance clearly and fluently.
- Organise their own warm up and cool down exercises.
- Show an understanding of safe exercising.
- Recognise and comment on dances, showing an understanding of style.
- Suggest ways to improve their own and other people's work.

Secure 5/Exceeding:

- Plan and perform dances confidently.
- Use their understanding of composition to create dance phrases for themselves and others in their group.
- Use their knowledge of dance to adapt their skills to meet the needs of a range of dance styles.
- Show expression in their dances and sensitivity to music.
- Organise their own warm up and cool down exercises.
- Show how they understand why warming up is important for good performance.
- Identify the form and structure of a dance.
- Make imaginative suggestions on how to improve their own and other people's work.

Notes:

Working at/date assessed: