



Name: _____

Year Group: _____

Beginning 5:

- With help, make up sequences that include contrasting actions, shapes and balances, and usually one dynamic.
- Practise and refine actions, shapes and balances.
- Repeat their sequences successfully.
- Give reasons for warming up.
- Follow others through a range of whole body exercises and stretches.
- Watch, compare and contrast others' performances.

Within 5:

- Create, practise and refine longer, more complex sequences for performance, including changes in level, direction and speed.
- Choose actions, body shapes and balances from a wider range of themes and ideas.
- Adapt their performance to the demands of a task, using their knowledge of composition.
- Understand the need for warming up and working on body strength, tone and flexibility.
- Lead small groups in warm up activities.
- Use basic set criteria to make simple judgements about performance and suggest ways they could be improved.

Secure 5/Exceeding:

- Make up longer, more complex sequences, including contrasting actions, shapes, balances and usually one dynamic.
- Easily adapt sequences from one situation to another.
- Take the lead in a group when preparing a sequence for performance to an audience.
- Practise and refine their own work.
- Show clear individual movements.
- Transfer smoothly from one movement to another.
- Lead warm up activities.
- Judge the strengths and weaknesses of performances, and choose a single focus for improvement.

Notes:

Working at/date assessed: