

KS2 – DANCE

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.



Year 3

Year 4

- To be able to move into a free space, to avoid others.
- To explore movements of dance demonstrating clear dynamics
- To link the movements into a routine, which is including changes of level and direction.
- Use simple movement patterns to structure dance phrases on their own, with a partner and in a group
- Refine, repeat and remember dance phrases and dances
- Perform dances clearly and fluently.

Year 5

Year 6

- Describe some of the features and steps of popular wartime dances
- Learn a range of dance steps from the Charleston, Lambeth Walk and Lindy Hop
- To be able to describe what they have done or changed in order to better their performance during a lesson
- Link a series of dance steps to create a longer dance sequence which reflects a theme or tells a story
- Work with others to choreograph effective routines while recognising and developing their own strengths and abilities within a group

