

**Scholar Green Primary School**  
**Dance Progression Model**

	<b>Knowledge</b>	<b>Skills</b>	<b>Vocabulary</b>
<b>1</b>	<ul style="list-style-type: none"> <li>Know how to travel safely and show an awareness of others</li> <li>Know and use the vocabulary for the Year group.</li> <li>To know where their heart is and understand why it beats faster when exercising.</li> </ul>	<ul style="list-style-type: none"> <li>Be able to copy some moves</li> <li>Develop Control of movement using</li> </ul> <p>Actions (what) – travel, stretch, turn            Space (Where) – Forwards, backwards            Relationships (Who) – On Own            Dynamics (How) – slowly &amp; quickly</p> <ul style="list-style-type: none"> <li>Remember a short dance</li> </ul>	Travel Stretch Turn Forwards Backwards Slowly Quickly
<b>2</b>	<ul style="list-style-type: none"> <li>Know the changes in the body when dancing.</li> <li>Know how dancing can contribute to keeping healthy.</li> <li>Know and use the vocabulary for the Year group.</li> </ul>	<ul style="list-style-type: none"> <li>Develop Control of movement using</li> </ul> <p>Actions (what) – twist, turn, jump            Space (Where) – sideways, high, low            Relationships (Who) – with a partner</p> <ul style="list-style-type: none"> <li>Dynamics (How) – slowly and quickly with appropriate expression</li> <li>Create a dance with 4 actions and remember it to perform</li> </ul>	Twist Sideways Expression perform
<b>3</b>	<ul style="list-style-type: none"> <li>Know and use simple dance vocabulary (Yr 1-3)</li> <li>Understand the importance of warming up and cooling down.</li> </ul>	<ul style="list-style-type: none"> <li>Create a dance phrase to communicate an idea</li> <li>Develop Control of movement using</li> </ul> <p>Actions (what) – travel, turn jump            Space (Where) – direction and levels</p>	Motif Dance phrase Direction Levels Duo solo

		<p>Relationships (Who) – whole group, duo, solo</p> <p>Dynamics (How) – explore speed</p> <ul style="list-style-type: none"> <li>Choreographic devices - motif</li> </ul>	
4	<ul style="list-style-type: none"> <li>Know and use the vocabulary for the Year group.</li> <li>Know and describe what you need to do to warm up and cool down for dance.</li> </ul>	<ul style="list-style-type: none"> <li>Develop Control of movement using</li> </ul> <p>Actions (what) – twist, turn, jump, gesture, stillness</p> <p>Space (Where) – sideways, high, low , direction &amp; formation</p> <p>Relationships (Who) – As yr3 with unison and canon</p> <p>Dynamics (How) – explore speed and energy</p> <ul style="list-style-type: none"> <li>Choreographic devices – motif development and repetition</li> <li>Structure a dance phrase showing a clear beginning, middle and end</li> <li>Link phrases to music</li> </ul>	<p>Unison</p> <p>Canon</p> <p>Choreographic</p> <p>Gesture</p> <p>Stillness</p> <p>Energy</p> <p>Speed</p> <p>Repetition</p> <p>phrase</p>
5	<ul style="list-style-type: none"> <li>Know different dance styles and traditions.</li> <li>Know and use the vocabulary for the Year group.</li> </ul>	<ul style="list-style-type: none"> <li>Create longer dance phrases</li> <li>Select appropriate movement to express ideas and thoughts</li> <li>Develop Control of movement using</li> </ul> <p>Actions (what) – twist, turn, jump, gesture, stillness</p> <p>Space (Where) – direction, level &amp; formation</p> <p>Relationships (Who) – As yr4 with solo, duo, trio</p>	<p>Motif</p> <p>Motif development</p> <p>Formation</p> <p>Trio</p> <p>Choreographic device</p> <p>Energy</p>

		<p>Dynamics (How) – explore speed and energy, heavy/light</p> <ul style="list-style-type: none"> <li>• Choreographic devices – motif development and repetition</li> <li>• To be able to organise warm up and cool down activities</li> </ul>	
6	<ul style="list-style-type: none"> <li>• Know and use the vocabulary for the Year group.</li> <li>• Know why dance is good for their fitness, health and well being.</li> </ul>	<ul style="list-style-type: none"> <li>• Create longer dance phrases</li> <li>• Select appropriate movement to express ideas, thoughts and feelings</li> <li>• Develop Control of movement using</li> </ul> <p>Actions (what) – twist, turn, jump, gesture, stillness</p> <p>Space (Where) – direction, level &amp; formation, pathways</p> <p>Relationships (Who) – As yr5 with contrast</p> <p>Dynamics (How) – explore speed and energy, heavy/light, flowing sudden</p> <ul style="list-style-type: none"> <li>• Choreographic devices – retrograde</li> <li>• Link phrases to music</li> </ul>	<p>Retrograde</p> <p>Pathways</p> <p>Contrast</p> <p>Flowing</p> <p>Sudden</p>