

Dance

Head, Hand and Heart Progression



Nursery / Reception



This EYFS Dance unit introduces pupils to the joy of movement and self-expression through themed dance activities. Pupils will explore how to use their bodies to create simple shapes, movements, and actions inspired by engaging themes and music. They will: Move freely with pleasure and confidence in diverse and creative ways, developing rhythmic movement and improve coordination.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	<p>Identify an action linked to a theme (N)</p> <p>How to change actions as part of a theme (R)</p>	<p>What high, medium, and low levels are (N)</p> <p>What travelling and pathways mean (R)</p>	<p>How to use props within movements (N)</p> <p>Be creative with props to enhance movements (R)</p>	<p>How to share ideas with a friend (N)</p> <p>How to discuss movements with a friend (R)</p>	<p>How to change directions (N)</p> <p>How to share my ideas with another pair (R)</p>	<p>Identify what I liked about a performance (N)</p> <p>Identify what went well with my routine (R)</p>
	<p>Perform simple theme related shapes, movements and actions</p> <p>Perform the movements at the same tempo as the music</p>	<p>Develop travelling movements using different levels</p> <p>Develop creative travelling movements using different levels and pathways</p>	<p>Perform static poses that link with the theme</p> <p>Transform static poses into dynamic traveling movements.</p>	<p>Copy and repeat a short routine.</p> <p>Work with a partner to create and perform a simple routine.</p>	<p>Perform using different pathways and directions.</p> <p>Perform with a partner to create different pathways and directions.</p>	<p>Perform in front of another pair</p> <p>Perform with confidence and enthusiasm to the class</p>
	<p>School Value</p> <p>WOW Word N - Travel R - Actions</p>	<p>School Value</p> <p>WOW Word N - Body R - Thoughts</p>	<p>School Value</p> <p>WOW Word N - Speed R - Feelings</p>	<p>School Value</p> <p>WOW Word N - Shapes R - Movements</p>	<p>School Value</p> <p>WOW Word N - Music R - Ideas</p>	<p>School Value</p> <p>WOW Word N - Theme R - Communicate</p>

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Year 1 / Year 2



In this Dance unit, pupils will explore using their bodies to express theme-related shapes, movements, and feelings. They will develop key skills such as: Creating shapes, movements, and actions inspired by themes. Showing good listening skills and responding effectively to instructions. Travelling safely and creatively in space while exploring different levels. Communicating effectively with a partner through movement and expression.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	<p>Contribute keywords to a theme related mind map. (Y1)</p> <p>Translate words/ideas into theme related shapes and actions (Y2)</p>	<p>I know how to control my movements to stay balanced (Y1)</p> <p>I know what patterns are in a dance routine (Y2)</p>	<p>How to link actions together (Y1)</p> <p>How to control our speed to support coordination and ensure safety. (Y2)</p>	<p>How to turn what I see into ways of moving safely (Y1)</p> <p>How to listen to other people's ideas and vocalise my own (Y2)</p>	<p>Communicate effectively with a partner (Y1)</p> <p>Use story/poem to create shapes, movements and actions (Y2)</p>	<p>Give constructive and useful feedback (Y1)</p> <p>Act on feedback received (Y2)</p>
	<p>Perform with control when creating theme related shapes and actions</p> <p>Demonstrate good agility when performing your actions</p>	<p>Use physical actions and movements to clearly convey the themed ideas</p> <p>Link some actions together that are theme related</p>	<p>Travel safely and creatively in space</p> <p>Show different levels when I travel</p>	<p>Communicate effectively with a partner</p> <p>Use pictures to create a short sequence</p>	<p>How to turn what I read/hear into ways of moving at different speeds.</p> <p>Collaborate to link ideas and movements together</p>	<p>Remember and perform a simple sequence of travelling movements</p> <p>Perform with control</p>
	<p>School Value</p> <p>WOW Word 1 - Control 2 - Agility</p>	<p>School Value</p> <p>WOW Word 1 - Balance 2 - Patterns</p>	<p>School Value</p> <p>WOW Word 1 - Link 2 - Coordination</p>	<p>School Value</p> <p>WOW Word 1 - Safety 2 - Sequences</p>	<p>School Value</p> <p>WOW Word 1 - Speed 2 - Collaborate</p>	<p>School Value</p> <p>WOW Word 1 - Travel 2 - Feedback</p>

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Dance

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Year 3 / Year 4



This unit focuses on developing pupils' creative and technical dance skills, emphasising collaboration, choreography, and performance. Pupils will: Create and refine a motif showcasing agility, balance, coordination, and precision. Learn to translate images into actions to convey meaning and use chance choreography to develop creative sequences. Pupils will apply canon, formation changes, direction, and level to improve choreography.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	<p>Contribute key words to a theme-related mind map (Y3)</p> <p>Translate words/ideas into actions (Y4)</p>	<p>How to link theme related actions together (Y3)</p> <p>How to be creative with a motif (Y4)</p>	<p>Communicate effectively with a partner to plan and perform a short sequence (Y3)</p> <p>Communicate effectively within a group to plan and perform a short sequence (Y4)</p>	<p>Describe what a change of level is (Y3)</p> <p>Explain how formation changes can improve my performance (Y4)</p>	<p>What unison is (Y3)</p> <p>What canon is and how it can improve my routine (Y4)</p>	<p>How to recognise good timing (Y3)</p> <p>How to recognise good execution and performance skills (Y4)</p>
	<p>Develop a motif demonstrating a change in direction</p> <p>Develop a motif demonstrating a range of pathways</p>	<p>Change static actions into travelling movements</p> <p>Perform a range of actions that flow</p>	<p>How to translate images into actions that mirror my partner</p> <p>How to link 4 or 5 actions together as a group</p>	<p>How to use chance choreography to create a sequence that has a change of levels</p> <p>How to use a formation change to improve sequence</p>	<p>Demonstrate canon or unison in performance</p> <p>Demonstrate canon and unison in performance</p>	<p>Evaluate others using two stars and a wish</p> <p>Evaluate other's using key dance vocabulary</p>
	<p>School Value</p> <p>WOW Word 3 - Direction 4 - Pathways</p>	<p>School Value</p> <p>WOW Word 3 - Theme Related 4 - Motif</p>	<p>School Value</p> <p>WOW Word 3 - Creatively 4 - Translating</p>	<p>School Value</p> <p>WOW Word 3 - Levels 4 - Formation</p>	<p>School Value</p> <p>WOW Word 3 - Improving 4 - Precision</p>	<p>School Value</p> <p>WOW Word 3 - Performance 4 - Evaluation</p>

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Dance

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Year 5 / Year 6



In this Dance unit, pupils will develop key skills in movement, creativity, and collaboration, focusing on creating and refining their own choreographic ideas. Pupils will: Create and perform a motif demonstrating agility, balance, coordination, and precision. Explore and demonstrate different levels, pathways, and directions while traveling. Collaborate to enhance dance sequences by acting on feedback and improving group ideas. Use Dance terminology to evaluate and provide constructive feedback on their own and others' work.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	<p>Work as a group to create a mind map of ideas (Y5)</p> <p>Translate words/ideas into action (Y6)</p>	<p>In pairs translate theme-related actions into creative travelling movements (Y5)</p> <p>In groups - above (Y6)</p>	<p>Communicate effectively with a partner (Y5)</p> <p>Communicate effectively with my group to develop the motif (Y6)</p>	<p>How timing effects the performance (Y5)</p> <p>What an effective performance looks like (Y6)</p>	<p>Understand canon, unison, formation changes, direction (Y5)</p> <p>Understand a range of formation changes and levels to improve our routine (Y6)</p>	<p>How to identify good timing (Y5)</p> <p>How to describe good execution and performance skills (Y6)</p>
	<p>Develop a motif demonstrating some agility, balance, coordination</p> <p>Develop a motif demonstrating some control and precision</p>	<p>Change static actions into travelling movements</p> <p>Show different levels, pathways and directions</p>	<p>Translate images into actions to communicate mirroring</p> <p>Work as a group to come up with creative solutions</p>	<p>Improvement in timing in my performance</p> <p>Develop my groups timing and overall performance skills</p>	<p>Change two compositional ideas to improve performance</p> <p>Change four compositional ideas to improve performance</p>	<p>Evaluate the work of other's using dance composition</p> <p>Peer assess using set criteria</p>
	<p>School Value</p> <p>WOW Word 5 - Canon 6 - Consistent</p>	<p>School Value</p> <p>WOW Word 5 - Unison 6 - Execution</p>	<p>School Value</p> <p>WOW Word 5 - Mirroring 6 - Solution</p>	<p>School Value</p> <p>WOW Word 5 - Timing 6 - Effective</p>	<p>School Value</p> <p>WOW Word 5 - Formation Change 6 - Contrast</p>	<p>School Value</p> <p>WOW Word 5 - Reflect 6 - Recognise</p>

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