

Dance Assessment

Y1	Year 2	Year 3	Year 4	Year 5	Year 6
I can move with control and coordination in the space	I can link actions together in a fluent manner	I can perform and repeat phrases in a controlled and fluent routine.	I can improvise freely, performing with accuracy and a good sense of timing	I can create and perform dance routines that reflect the chosen style or accompaniment	I can remember, refine and repeat short dances with a sense of style and artistic intention
I can show rhythm and movement to a simple beat in my routine	I can change rhythm and direction when performing my routine	I can describe how different speeds improve performance	I can create dances that communicate ideas in response to a stimulus	I understand the effect of dynamics on a performance	I can show an awareness of musical structure, rhythm, mood and phrasing in my dances
I can express different emotions through dance	I can remember and repeat simple dance phrases	I can work with a partner to create a simple dance phrase	I can interpret others' dance routines and suggest improvements where necessary	I can work creatively and imaginatively alone or with a partner to compose simple dances (choreography)	Due to embedded knowledge, I am able to model and instruct others on how to improve (using appropriate vocabulary).
I understand the importance of warm ups and cool downs	I can describe how dancing affects my heart, muscles and lungs	I can keep up an activity over a period of time	I know 4 of the key muscles used when dancing	I can choose appropriate warm up and cool down activities independently	I can lead elements of dance sessions confidently
				I can use appropriate words to improve my own and others' work	I can choose and develop dance material to reflect the accompanying music