

F1/Nursery:

To know that I can move fast or slow to a beat.
To know that counting out loud can help me keep in time.
To know that I can move my body at different levels eg high and low.
To know that I can change direction when moving.
To know that I can listen to the music to know when to stop.
To know that using lots of space will make my dance look interesting.

F2/Reception:

To know that I can take steps in time to a beat.
To know that moving at different levels makes my dance look more interesting.
To know that changing direction or speed makes my dance look more interesting.
To know that I can change my actions when the music changes.
To know that making big movements helps to show clear shapes with my body.



PE Knowledge Path

Dance

Year 1:

To know that I can count of 8 helps me stay in time with the music.
To know that I can perform a dance with a partner.
To know I can use clear, exaggerated actions to enhance my dance.
To know that dance can help me to tell a narrative.
To know that actions can be sequenced to create a dance.
To know that I can use facial expressions to show feelings when dancing.

Year 2:

To know that I can combine different shapes and levels to perform.
To know that mirroring is when you reflect the movement of your partner as if they were a mirror image.
To know that matching is when you perform the same movement at the same time.
To know that I can use facial and body expressions to create feelings.
To know that holding a balance or shape can create stillness.
To know that my body can change direction and speed to add dynamics to my dance.