

F1/Nursery:

To know that counting out loud can help me keep in time.
To know that listening to the music will help me know when to stop.
To know that using lots of space will make my dance look interesting.

F2/Reception:

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 making big movements helps to show clear shapes with my body.



PE Knowledge Path

Dance

Year 1:

To know that the count of 8 helps me stay in time with the music.
To know using clear, exaggerated actions will 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.

Year 2:

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 holding a balance or shape can create stillness.
To know that changing direction and speed adds dynamics to my dance.