

PE Yearly Overview – Dance and Gym

Year group	Programme of study
Year 1	<p>Working on skills, techniques and kinaesthetic abilities. Recognise beats/rhythms within music and replicate a simple movement sequence. Basic actions of travelling, balance, stillness, jumping and landing, rotation, turning and gesture. Describe own/others work and express what they like/dislike checking against success criteria.</p>
Year 2	<p>As Year 1 but more consistent and control by linking movements. Describe own/others work and explain why by using dance specific vocabulary. Express what they like/dislike checking against success criteria.</p>
Year 3	<p>Explore variations of basic actions and develop responses to different stimuli. Link a series of actions into a short movement and begin to incorporate different levels, direction, speed. Begin to explore quality of movement. Work on their own and with others to think imaginatively. Use success criteria to evaluative own and others work and suggest ways to improve their work.</p>
Year 4	<p>As Year 3 but create more complex movement sequences. Perform with increasing development of strength, coordination, and control. Further explore quality of movement. Creative choreographing. Evaluating/appraising & creative /critical thinking.</p>
Year 5	<p>Develop and apply a wider range of actions, levels, direction and speed. Perform longer movements showing developing fluency and creative choreography. Evaluating/appraising & creative /critical thinking. Begin to adapt success criteria.</p>
Year 6	<p>Consolidation of skills. Be able to compose and choreograph work that is artistic and aesthetic. Be able to determine success criteria. Evaluate their own and others performance and ask relevant questions.</p>