

# National Curriculum Requirements of Dance at Key Stage 1

Pupils should be taught to :

- Use movement imaginatively, responding to stimuli, including music and performing basic skills
- Change rhythm, speed, level and direction of their movements
- Create and perform dances using simple movements patterns, including those from different times and cultures
- Express and communicate ideas and feelings

## **Knowledge, Skills and Understanding breakdown for Dance**

### **Year 1**

Can they explore and perform basic body actions?  
Do they use different parts of the body singly and in combination?  
Do they show some sense of dynamic, expressive and rhythmic qualities in their own dance?  
Do they choose appropriate movements for different dance ideas?  
Can they remember and repeat short dance phrases and simple dances?  
Do they move with control?  
Do they vary the way they use space?  
Do they describe how their lungs and heart work when dancing?  
Do they describe basic body actions and simple expressive and dynamic qualities of movement?

### **Year 1 (Challenging)**

Can they perform more complicated combinations of movement fluently and with control?  
Can they perform clearly and expressively?  
Do they show an awareness of phrasing and music?  
Can they choose movements that show a clear understanding of the dance idea?  
Can they say why their heart beats faster and their temperature rises when dancing?  
Do they talk about dance using a range of descriptive language?

