

# National Curriculum Requirements of Dance at Key Stage 2

Pupils should:

- Create and perform dances using a range of movement patterns, including those from different times, place and cultures
- Respond to a range of stimuli and accompaniment
- Through dance, develop flexibility, strength, technique, control and balance
- Perform dances using a range of movement patterns.

# Knowledge, Skills and Understanding breakdown for Dance

## Year 5

- Do they plan and perform dances confidently?
- Can they compose motifs and plan dances creatively and collaboratively in groups?
- Can they adapt and refine the way they use weight, space and rhythm in their dances to express themselves in the style of dance they use?
- Can they perform different styles of dance clearly and fluently?
- Do they organise their own warm-up and cool-down exercises?
- Do they show an understanding of safe exercising?
- Can they recognise and comment on dances, showing an understanding of style?
- Can they suggest ways to improve their own and other people's work?

## Year 5 (Challenging)

- Do they use their understanding of composition to create dance phrases for themselves and others in their group?
- Do they use their knowledge of dance to adapt their skills to meet the demands of a range of dance styles?
- Can they show expression in their dances and sensitivity to music?
- Can they organise their own warm-up and cool-down exercises?
- Can they show that they understand why warming-up is important for a good performance?
- Can they identify the form and structure of dance?
- Can they make imaginative suggestions on how to improve their own and other people's work?