

Dance

		Year 1	Year 2	Year 3	Year 4
Physical	Performing	Shapes e.g. round, flat, twisted, tall: <ul style="list-style-type: none"> Individually In a group 	Travel e.g. skip, run, leap, spin, shuffle, stomp	Gesture Facial expression	6 basic actions - jump, gesture, stillness, turn, travel, fall
Cognitive	Choreography	Copy teacher actions	Link short motifs	What does community mean to children?	Group formations
Health and Wellbeing	Fitness Character Safety Emotional well-being	Enjoy participating Participate safely	Stretch before performing	Practise to improve (resilience)	Participate in an average of 60 minutes of physical activity per day
Personal	Interactions Rules Teams Personal best	Have confidence to perform Include everyone in group	Work within own space	Work co-operatively in small groups	Work co-operatively in groups of varying sizes