



Progression Map

Dance

Assessed through FFT Aspire

Year 3

- Begin to improvise with a partner to create a simple dance.
- Create motifs from different stimuli.
- Begin to compare and adapt movements and motifs to create a larger sequence.
- Use simple dance vocabulary to compare and improve work.
- Perform with some awareness of rhythm and expression.

Year 4

- Identify and repeat the movement patterns and actions of a chosen dance style.
- Compose a dance that reflects the chosen dance style.
- Confidently improvise with a partner or on their own.
- Compose longer dance sequences in a small group.
- Demonstrate precision and some control in response to stimuli.
- Begin to vary dynamics and develop actions and motifs in response to stimuli.
- Demonstrate rhythm and spatial awareness.
- Change parts of a dance as a result of self-evaluation.
- Use simple dance vocabulary when comparing and improving work.

Year 5

- Identify and repeat the movement patterns and actions of a chosen dance style.
- Compose individual, partner and group dances that reflect the chosen dance style.
- Show a change of pace and timing in their movements.
- Develop an awareness of their use of space.
- Demonstrate imagination and creativity in the movements they devise in response to stimuli.
- Use transitions to link motifs smoothly together.
- Improvise with confidence, still demonstrating fluency across the sequence.
- Ensure their actions fit the rhythm of the music.
- Modify parts of a sequence as a result of self and peer evaluation.
- Use more complex dance vocabulary to compare and improve work.

Year 6

- Identify and repeat the movement patterns and actions of a chosen dance style.
- Compose individual, partner and group dances that reflect the chosen dance style.
- Use dramatic expression in dance movements and motifs.
- Perform with confidence, using a range of movement patterns.
- Demonstrate strong and controlled movements throughout a dance sequence.
- Combine flexibility, techniques and movements to create a fluent sequence.
- Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs.
- Show a change of pace and timing in their movements.
- Move rhythmically and accurately in dance sequences.
- Improvise with confidence, still demonstrating fluency across their sequence.
- Dance with fluency and control, linking all movements and ensuring that transitions flow.
- Demonstrate consistent precision when performing dance sequences.
- Modify some elements of a sequence as a result of self and peer evaluation.
- Use complex dance vocabulary to compare and improve work.

Vocabulary:

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|---------------|-------------|----------|
| Create | Motifs | Strength |
| Combination | Pattern | Control |
| Sequence | Movement | Balance |
| Space | Evaluate | Stimulus |
| Improvisation | Improve | Rhythm |
| Repetition | Agility | Timing |
| Adapt | Flexibility | Perform |

Vocabulary:

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|-------------------|-------------|------------|
| Spatial awareness | Reaction | Strength, |
| Repeat | Pattern | Technique, |
| Dance | Movement | Control |
| Character | Evaluate | Balance |
| Repetition | Improve | Dynamics |
| Action | Agility | Stimulus |
| | Flexibility | Motifs |

Vocabulary:

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|---------------|----------|-------------|
| Dance phrase | Modify | Interpret |
| Technique | Pace | Exploration |
| Formation | Timing | Agility |
| Pattern | Action | Flexibility |
| Rhythm | Reaction | Combination |
| Expression | Motif | Strength |
| Improvisation | Dynamics | Control |

Vocabulary:

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|--------------|-----------|-------------|
| Dance style | Rhythm | Dynamics |
| Dance phrase | Variation | Phrase |
| Fluency | Unison | Interpret |
| Travelling | Canon | Exploration |
| Technique | Action | Agility |
| Formation | Reaction | Flexibility |
| Pattern | Motif | Combination |