



PROGRESSION OF IMPACT STRANDS
EYFS – YEAR 6

KEY:

ASDR = Action, Space, Dynamics and Relationships (the building blocks of dance)

K & U = Knowledge and understanding (specifically of dance terminology and processes)

EMBODIED

EYFS	YR1	YR2	YR3	YR4	YR5	YR6
Confident using body and mind together to interact with environment and task.						
Use simple ASDR. Engaged in guided improvisation/performance.	Use ASDR with basic balance and co-ordination. Link actions to perform short dances.	Use ASDR with balance, co-ordination and agility. Perform dances with simple movement patterns.	Use a variety of ASDR with balance, co-ordination, agility and strength. Perform dances with varying movement patterns.	Use appropriate ASDR with balance, co-ordination, agility, strength, and accuracy. Perform dances with diverse movement patterns.	Use effective and appropriate ASDR with balance, co-ordination, agility, strength, accuracy and flexibility. Perform dances with a range of movement patterns.	Confidently use effective and appropriate ASDR with balance, coordination, agility, strength, accuracy, flexibility, and technique. Perform dances with a complex range of movement patterns.

EXPRESSIVE

EYFS	YR1	YR2	YR3	YR4	YR5	YR6
Expressing and communicating feelings and ideas through dance						
Perform short dances as a whole class exploring feelings and ideas.	Perform short dances exploring feelings and communicating an idea.	Perform dances exploring and communicating a variety of feelings and ideas with focus.	Perform dances and make choices to express and communicate a variety of themes and ideas enabling a focused performance.	Perform dances and make appropriate choices to express and communicate a variety of themes and ideas enabling a focused and fluent performance.	Perform dances and make appropriate and effective choices to express and communicate a variety of themes and ideas enabling a dynamic, fluent and focused performance.	Perform dances and make appropriate and effective choices to express and communicate a variety of themes and ideas enabling a dynamic, fluent and focused, accurate and controlled performance.



CREATIVE

EYFS	YR1	YR2	YR3	YR4	YR5	YR6
Respond to a stimulus, improvise and create						
Explore and play with movement. Create whole group dances using bodies imaginatively.	Explore and play with movement in response to stimuli . Create dances with a start and finish making simple variations to ASDR.	Explore and play with movement in response to a range of stimuli. Create dances with a beginning middle and end making variations to ASDR.	Imaginatively explore movement in response to stimuli. Create dances with structure using a range of variation and development of ASDR.	Imaginatively explore movement in response to a variety of stimuli creating several ideas. Create and structure short dances using more complex variation and development of ASDR.	Imaginatively explore movement ideas confidently in response to a variety of stimuli creating several ideas. Create dances using choreographic devices and structure .	Imaginatively explore movement ideas confidently with more complex responses to a variety of stimuli . Create dances using more complex choreographic devices and structures.



COLLABORATIVE

EYFS	YR1	YR2	YR3	YR4	YR5	YR6
Working on their own and with others						
<p>Enquire and improvise on their own and as a whole class, suggesting ideas. Follow instructions.</p>	<p>Enquire and improvise on their own, as a whole class and with a partner, sharing ideas. Copy others movement ideas.</p>	<p>Enquire and improvise on their own, with a partner and in small groups discussing and sharing ideas. Copy, follow and lead movement ideas.</p>	<p>Enquire and improvise independently, in groups and pairs. Independently and collectively creating responses. Contribute and receive movement ideas.</p>	<p>Enquire and improvise independently, in groups and pairs. Working confidently as part of a group, selecting responses. Contribute and receive a range of movement ideas.</p>	<p>Enquire and improvise independently, in groups and pairs. Begin to establish roles when working collaboratively, to independently and collectively generate appropriate responses. Contribute and receive appropriate movement ideas.</p>	<p>Enquire and improvise independently, in groups and pairs. Delegate roles when working collaboratively, to independently and collectively generate appropriate and effective responses. Contribute and receive effective and appropriate movement ideas.</p>



REFLECTIVE

EYFS	YR1	YR2	YR3	YR4	YR5	YR6
Observe, reflect & improve						
Look, listen, record, respond, and practice. Use technology to assist reflection.	Observe and verbalise K&U using simple dance terms. Look, listen, refine and practice. Use technology to assist reflection.	Observe and verbalise K&U using general dance terms. Look, listen, select and refine their dance ideas. Use technology to assist reflection.	Observe and verbalise K&U using a range of dance terms. Evaluate, refine and edit their dance ideas. Use technology to assist evaluation and reflection.	Observe and verbalise K&U using an increasing range of dance terms. Evaluate, refine and edit their dance ideas using feedback from others . Use technology to assist evaluation and reflection.	Observe and verbalise K&U using an appropriate range of dance terms. Evaluate refine and edit their dance ideas, giving and receiving constructive feedback . Use technology to assist evaluation and reflection.	Observe and verbalise K&U using an effective and appropriate range of dance terms. Evaluate, refine and edit their dance ideas using more complex feedback and analysis . Use technology to assist evaluation and reflection.