



**Dance- Shapes, Circles, Partnering and Artistry**

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Can follow simple instructions.</p> <p>Can explore a range of footwork patterns using music and words as a stimulus.</p> <p>Can navigate space and move safely.</p> <p>Can move in different directions.</p> <p>Can explore moving in different ways.</p>	<p>Can develop fundamental movement skills:            -balancing            -walking            -running</p> <p>Can navigate space, changing direction and moving safely.</p> <p>Can copy, repeat and perform a sequence.</p> <p>Can explore body shapes.</p> <p>Can create shapes through partner work.</p>	<p><b>Shapes</b>            Can create multiple standing and floor shapes:            - balanced on both feet.            - with limbs in different planes.            - with 3 points of contact.            - facing down.</p> <p>Can create standing and floor shapes in contrast to my partner and with our body parts crossing.</p> <p>Can travel between shapes including jumping and in unison.</p> <p><b>Circles</b>            Can create movements led by large horizontal single arm circles and semi-circles leading into            - stepping.            - turning.</p> <p>Can turn forwards and backwards through horizontal large arm circle            - and finish away.            - in unison.            - in canon.</p> <p>Can jump from a static position, arms up and down.</p> <p>Can create, in unison, jumps with rotation from a static position.</p> <p><b>Partnering</b>            Can create partner balances            - with hand on shoulder contact.            - facing my partner.</p> <p>Can create and support jumps            - with hand to elbow contact.            - with hands on waist and shoulders in contact.</p>	<p><b>Shapes</b>            Can create multiple standing and floor shapes:            - with torso beginning to rotate.            - with 3 points of contact with the floor.            - facing down and up.</p> <p>Can create standing and floor shapes            - opposite and entwined with my partner.            - in close contact but without touching.</p> <p>Can travel between shapes including jumping with rotation and in canon.</p> <p><b>Circles</b>            Can create movements led by large vertical single arm circles and semi-circles leading into            - stepping.            - body movements.            - turning.            - in unison and finishing in partner shapes.            - jumps with 180° and 360° rotations.            - jumping in unison.</p> <p><b>Partnering</b>            Can create partner balances leaning away from each other with hand-to-hand contact.</p> <p>Can create and support jumps with hand to elbow contact            - facing each other.            - using a 2-foot take-off and landing, with 180° rotation.</p>	<p><b>Shapes</b>            Can create multiple standing and floor shapes            - with torso rotated.            - with 3 points of contact with the floor.            - facing up and sideways.</p> <p>Can create standing and floor shapes            - opposite and entwined with my partner.            - as close as possible without touching.            - facing up, down and sideways.            - jumping with rotation when moving between shapes.            - in canon.</p> <p>Can travel between shapes including stepping into jumping.</p> <p>Can rotate in jumps.</p> <p><b>Circles</b>            Can create exact and repeatable movement led by both single arm and leg circles and semi-circles leading into            - body dropping and turning.            - turning with body tilted.            - jumps with 180° and 360° forward and backward rotations (starfish and barrel roll jumps).</p> <p>Can create movement led by horizontal and vertical single arm circles and semi-circles            - followed with steps.            - followed with body action.            - in unison.            - in canon.            - mirroring my partner.</p> <p><b>Partnering</b></p>	<p><b>Shapes</b>            Can create multiple standing and floor shapes            - balanced on 1 foot.            - with arms at different planes.            - with torso rotated and bent.            - with 2 points of contact with the floor.            - facing up and sideways.</p> <p>Can create standing and floor shapes with a partner            - at different levels.            - without contact.            - with 1 hand contact.</p> <p>Can travel between shapes including rotation            - on the floor and in the air.            - in different directions.            - with a partner with backward rotation when moving between shapes.</p> <p><b>Circles</b>            Can create sequences of movement led by combined arm, shoulder, leg and foot circles and/or semi-circles leading into            - turning.            - jumping with good height, speed and various body shapes in the air.            With a partner create turns led by arms, foot and knee in unison and at different speeds/directions.</p> <p><b>Partnering</b>            Can create and support jumps palm to palm/palm to lower back            - with 360° rotation in the air.            - with 1 foot take-off and landing.            - holding star shape in the air.            - finishing by leaning against my partner.            - in canon.</p>	<p><b>Shapes</b>            Can create multiple standing and floor shapes            - balanced on 1 foot with other foot higher than 45°.            - with 2 points of contact using combination of hands, arms and shoulders for support.</p> <p>Can work with a partner to travel between shapes including rotation            - on the floor (spirals and turns) and in the air.            - in different directions.            - at different speeds.</p> <p>Can create standing and floor shapes in close contact            - both balancing on 1 foot.            - cross-bodied with 2 points of contact with the floor.</p> <p>Can travel with my partner            - incorporating spirals, rotation on the floor, jumping and cross-bodied finishing positions.</p> <p><b>Circles</b>            Can create complex movement led by a combination of circles made with different body parts and in different planes leading into            - stepping, body movements and turns.            - jumps with 1 foot take-off and landing, other leg extended.            - jumps with 180° rotation and change of direction in the air (landing facing backwards).</p> <p>Can create sequences of movement with a partner led by combinations of circles made with different body parts and in different planes            - leading into and out of turning.            - in unison.            - while mirroring.</p> <p><b>Partnering</b>            Can create sequences of movement, turning and jumping            - leading into and out of partner supports.            - leaning towards and away from my partner.            - in unison.            - in canon.            - independently from my partner.</p>	

		- facing my partner. - with 2-feet take-off and landing.		Can create partner balances with one standing and the other on the floor.  Can create and support jumps palm to palm/palm to lower back with a 180° turn in the air and 1 foot take-off and landing.		
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**Artistry**

Can use their imagination in response to stories and music.  Can create a dance in response to stories and music.	<p><b>Abstraction</b> Can create 2 ways of moving linked to the material/object - using both hands at the same time. - connected to standing shapes.</p> <p><b>Musicality</b> Can create shapes and movements to express how the music makes me feel - following 1 instrument. - following a story with movement.</p> <p><b>Making</b> Can create a sequence of 4 moves with some being different to my partner's.</p>	<p><b>Abstraction</b> Can create 2 ways of moving linked to the material/object - using 3 or 4 limbs and pausing throughout my movement. - fluently and without stopping.</p> <p><b>Musicality</b> Can create shapes, circles and material/object movements to - express the music. - change my moves so they match different music.</p> <p><b>Making</b> Can create a sequence of 5 static and dynamic moves - in contrast to my partner's. - using different partner shapes. - at different levels. - with different timings.</p>	<p><b>Abstraction</b> Can create multiple ways of moving linked to the material/object - pausing my movement to create shapes. - using those shapes as my starting and finishing positions. - including jumps with rotation.</p> <p><b>Musicality</b> Can create shapes, circle and material/object movements - at different speeds to follow the music without stopping. - making them specific to stress what the music is doing.</p> <p><b>Making</b> Can create a sequence of a minimum of 5 moves - similar and then in contrast to my partner's. - with various starting and finishing positions.</p>	<p><b>Abstraction</b> Can create multiple ways of moving linked to the material/object - where silk moves lead me into stepping, jumping, floor moves and floor shapes.</p> <p><b>Musicality</b> Can create combination of shapes, circle and silk moves - matching the energy of the music. - in time to the beat and the rhythm. - matching 1 instrument playing off the main beat.</p> <p><b>Making</b> Can create a sequence of a minimum of 5 moves - with limbs in different planes and directions. Can perform both in my and my partner's place.</p>	<p><b>Abstraction</b> Can create multiple ways of moving linked to the silk - where the silk moves lead me into jumping, a turn and a jump, floor and floor shapes. - fluently without stopping.</p> <p><b>Musicality</b> Can create a combination of shapes, circle and silk moves - both matching and in contrast to the melody or the main song line. - responding to musical phrases.</p> <p><b>Making</b> Can create a sequence of a minimum of 6 various moves - with movements made both with arms and legs. - in unison followed by moves in contrast and performed independently of my partner.</p>
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**New Knowledge and Key Vocabulary**

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p><b>Footwork</b> - pivot, hopscotch and zigzag.</p> <p><b>Shape, balance, control, standing shapes, floor shapes, music, beat, perform.</b></p> <p>A <b>stimulus</b> can be defined as something that arouses the mind, or spirits, or incites activity.</p> <p>A <b>motif</b> in dance can be discussed as a movement pattern which symbolises an aspect of or the theme of the dance.</p> <p><b>Dynamics</b> - This relates to speed, energy and flow of movement. Dynamics add texture, colour, interest and variety to a dance and can help to show the dance idea, the mood or the atmosphere of a dance more clearly.</p>	<p><b>Dance choreography</b> must have a starting point.</p> <p><b>Shape, balance, control, sequence, beat, opposite, individually, diverse, perform.</b></p> <p><b>Core strength, jumping, turning, creative, muscles, sequence, abstract, transitioning, linking, partnering, timings</b></p> <p>A <b>stimulus</b> can be defined as something that arouses the mind, or spirits, or incites activity.</p> <p><b>Travelling moves</b> – walking, jogging, running, skipping, tip-toeing, galloping, sliding, crawling, jumping</p> <p><b>Direction</b> - straight, circling, weaving, curved, zig zag, forwards, backwards, sideways, up, down, high, low</p>	<p><b>Sequence, silk moves, abstract, transitioning, linking, choreography, dynamics, formation, motif</b></p> <p><b>Travelling, jumping, turning, compose, flowing, extreme contrast, smooth, fluent, combine, perform</b></p> <p><b>Mirroring</b> This technique requires dancers to do the same travel, jump, shape or balance at exactly the same time</p> <p><b>Unison</b> is when the dancers perform the same movement phrase at the same time.</p> <p><b>Canon</b> - A canon is a section of movement that consists of one phrase that is performed at different times in either an overlapping or sequential relationship by two</p>	<p><b>Sequence, repeat, reverse, control, transitions, linking, melody, replicate, opposite.</b></p> <p><b>Stimuli</b> - What is the theme of the dance? The stimulus maybe artwork, music, event, emotion, a story.</p> <p><b>Motif</b> - a movement pattern which symbolises an aspect of or the theme of the dance</p> <p><b>Props</b> Include a prop in your dance e.g. a ribbon to show friendship and connection. Think about what the prop symbolises.</p> <p><b>Leading and following</b> – these movements require one dancer to lead and the other partners to follow</p>				

<p><b>Formation</b> - It is pattern or shadow team dancing by couples in a formation team.</p> <p><b>Travelling moves</b> – walking, jogging, running, skipping, tip-toeing, galloping, sliding, crawling, jumping</p> <p><b>Direction</b> - straight, circling, weaving, curved, zig zag, forwards, backwards, sideways, up, down, high, low</p> <p><b>Identifying body parts</b> – head, shoulders, legs, knees, toes, fingers, feet, knees, elbows, neck, back, arms</p> <p><b>Importance of exercise and being healthy</b></p>	<p><b>Sequence</b> - the order in which things are or should be connected or related. A group of things that come one after another a sequence of numbers.</p> <p><b>Twisting</b> - To cause to move with a turning motion.</p> <p><b>Spinning</b> - Spin means to make turn around in a circle over and over again.</p> <p>A <b>motif</b> in dance can be discussed as a movement pattern which symbolises an aspect of or the theme of the dance.</p> <p><b>Dynamics</b> - This relates to speed, energy and flow of movement. Dynamics add texture, colour, interest and variety to a dance and can help to show the dance idea, the mood or the atmosphere of a dance more clearly</p> <p><b>Formation</b> - It is pattern or shadow team dancing by couples in a formation team.</p>	<p>or more dancers. Canon is used as a compositional device to add interest, depth and variation to either a sequence or whole section of the choreography. Canon can be broken down into two forms: strict or loose. Loose Canons are free and more flexible. You could explore:</p> <ul style="list-style-type: none"> <li>• Varying spatial relationships (directions, level, facings, position on stage).</li> <li>• Varying dynamic qualities</li> </ul>	<p><b>Meeting, avoiding or passing by</b> – these movements require dancers to travel towards each other and then move right or left to avoid and pass</p> <p><b>Meeting and parting</b> – these movements require dancers to meet, turn and travel away</p> <p><b>Contrasting</b> – this technique requires dance partners to perform contrasting movements to each other</p>
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Stimuli Ideas							
Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Story – The Birthday Bike Surprise!</p> <p>Bike theme</p> <p>Cbeebies – Poppies</p> <p>Music and stories</p>	<p>Music, instruments, stories</p> <p>Cbeebies – Poppies</p> <p>Movement materials, objects</p>						