

Dance Progression Map (Based on DDMix)

Overall Progression

- Move confidently and safely in their own and general space whilst exploring basic actions; E.g. travelling, jumping and balancing.
- Create and repeat a variety of short dances inspired by a range of stimuli.
- To explore, remember, repeat and link a range of actions with coordination, control and an awareness of the expressive qualities of dance.
- Compose and perform dances and short dances that express and communicate moods, ideas and feelings, choosing and varying simple compositional ideas.
- Perform a variety of dances.
- Create, adapt and link a range of dance actions inspired by a variety of subjects, including some traditional, social and/or historical dances.
- Work with a partner and in small groups.
- Develop an awareness of the historical and cultural origins of different dances.
- Create characters and narrative through movement and gesture.
- Gain inspiration from a range of subjects.
- Use movement to explore and communicate ideas and issues, and their own feelings and thoughts.
- Compose, perform and watch a variety of dances.
- Give an informed opinion on their own, and others, performance.

Reception	Y1	Y2	Y3	Y4	Y5	Y6
<p>To explore moving into a free space on your own, with a partner and a small group.</p> <p>Explore and identify basic travelling movements whilst moving confidently in the space</p> <p>To explore jumping in a space.</p> <p>Create a dance phrase using basic travel and jumping actions.</p> <p>Explore and understand balance, using visual images.</p> <p>To use travel, jumps and balance to create a simple dance sequence. Explore moving different body parts in contrasting ways, in relation to stimuli.</p>	<p>Explore changes of speed and level using shapes and actions.</p> <p>Create a group dance sequence with a clear beginning, middle and end showing changes in speed.</p> <p>Identify qualities of movement and apply them to portray a character.</p> <p>Create motifs to represent animals/creatures.</p> <p>Use size of movement and animal qualities/characteristics to adapt a dance sequence.</p> <p>Perform a dance sequence as a class, focusing on linking movements and formation.</p> <p>Perform with a group using changes of group formation.</p>	<p>Create a dance sequence using contrasting feelings.</p> <p>Mirror movements of a partner.</p> <p>Adapt a dance sequence to communicate a mood or a feeling.</p> <p>Understand the importance of warming up the body.</p> <p>Create a warmup sequence.</p> <p>Use sporting activities as stimuli to create a motif.</p> <p>Create a beginning to a dance sequence that uses simple canon.</p> <p>Create and perform a dance sequence with clear beginning, middle and end.</p>	<p>Move to a beat or rhythm, using basic actions.</p> <p>To be able to move to a rhythmic pattern. Perform the key movements of the DDMIX African dance.</p> <p>To work with a partner to create a short dance phrase using the rhythmic pattern of an African dance.</p> <p>Work in groups to combine African inspired dance phrases.</p> <p>Perform, watch and evaluate a dance sequence, providing constructive feedback.</p> <p>To be able to identify dynamics in music and apply the appropriate movement.</p>	<p>Learn the key movements of the DDMIX 1980s dance, demonstrating clear dynamics.</p> <p>Create a character and narrative within a 1980's dance.</p> <p>Create a dance sequence with a narrative from everyday activities. Work constructively in a group.</p> <p>Make changes of level and direction to an everyday activity dance sequence, whilst applying group formation.</p> <p>Perform and evaluate dance sequences.</p> <p>To learn the key movements of the DDMIX Disco dance, demonstrating clear dynamics.</p>	<p>Learn the key movements of the DDMIX Line dance, identifying and demonstrating the use of dynamics, formation and unison.</p> <p>Link the key movements to form the DDMIX Line dance, explore mirroring movements and dancing in unison.</p> <p>Learn the key movements of the DDMIX Hand jive, demonstrating clear dynamics.</p> <p>Create their own hand jive sequence.</p> <p>Perform a hand jive sequence combining both given and devised movements. Evaluate a performance, providing constructive feedback.</p>	<p>Learn the key movements of the DDMIX Charleston dance, demonstrating clear dynamics.</p> <p>Perform a Charleston dance, using expression for comic effect.</p> <p>Learn the key movements of a 1960s dance, demonstrating clear dynamics.</p> <p>Perform a 1960s dance sequence combining both given and devised movements. Evaluate a performance, providing constructive feedback.</p> <p>Learn the key movements of the DDMIX Bollywood dance, demonstrating clear dynamics.</p> <p>Give constructive feedback on a performance.</p>

<p>Use gestures and movement to convey a character.</p> <p>Explore turning and movement qualities.</p> <p>Explore and create moments of stillness.</p> <p>Create and perform two linked dance sequences.</p> <p>Create a variety of dance sequences.</p>	<p>To work as a group to create a key movement using the rhythmic pattern of the Aboriginal dance.</p> <p>Create a dance sequence by changing the order of movements. Work constructively in a group.</p> <p>Perform and evaluate dance sequences.</p>	<p>Work with a partner to create a key movement using the rhythmic pattern of the Lumberjack Hoedown dance.</p> <p>Create a dance sequence by changing the order of movements.</p> <p>Work constructively in a group.</p> <p>Create and adapt dance sequences to form one group dance.</p> <p>Perform and evaluate dance sequence.</p>	<p>Combine two phrases to create a dance of two parts. Work constructively as part of a group.</p> <p>Use shape and formation when performing the key movements of a Japanese dance.</p> <p>Create a beginning and an end to the DDMIX Japanese dance. Work constructively in groups.</p>	<p>Apply cumulative canon and unison to a disco dance.</p> <p>Perform a disco dance sequence combining given and devised movements. Perform and evaluate providing constructive feedback.</p>	<p>To learn the key movements of the DDMIX Arabic dance, demonstrating clear dynamics.</p> <p>Choreograph an Arabic dance sequence, focusing on contrasting dynamics.</p> <p>Perform an Arabic dance using contrasting dynamics and expression.</p>	<p>Perform a Bollywood dance using both given and devised sequences. Evaluate a performance, providing constructive feedback.</p>
--	--	--	---	---	---	---