

DANCE

Beginning	Emerging	Developing	Exceeding	Mastery
I can copy & explore basic body patterns & movements	I can perform with control & co-ordination	I can improvise freely on my own & with a partner	I can demonstrates precision, control & fluency in response to stimuli	I can perform & create motifs in a variety of dance styles with accuracy & consistency
I can remember simple dance steps& performs in a controlled manner	I can responds imaginatively to a variety of stimuli	I can translate ideas from a variety of stimuli into movement.	I can vary dynamics & develop actions with a partner or as part of a group	I can select & use a wide range of compositional skills to demonstrate ideas
I can choose actions & link them with sounds & music	I can vary dynamics, levels, speed & direction	I can compare, develop & adapt movement & motifs to create longer dances. I can use dance vocabulary to compare & improve my work	I continually demonstrate rhythm & spatial awareness	I can suggest ways to improve quality of performance showing sound knowledge & understanding
I can safely perform teacher led warm-ups & can describe & discuss others work	I can discuss my own & others performance with simple vocabulary. I understand the need for warm up & cool down	I understand working safely, I recognise changes in my body and I can give reasons why PE is good for my health.	I can modify my performance & that of others as a result of observation & basic understanding of the structure of the body	I can lead my own warm up & demonstrates all round safe practice