

PE Medium Term Plans- Dance

	Autumn 2					
KS1	Theme: Emotions.					
	Milestone 1 objectives covered: <ul style="list-style-type: none"> • Copy and remember moves and positions. • Move with careful control and coordination. • Link two or more actions to perform a sequence. • Choose movements to communicate a mood, feeling or idea. • Respond with different ways of moving to a variety of stimuli. • Repeat and remember simple movement patterns. • Express emotions through facial expressions, gesture and posture. 					
	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
	Pupils respond to a range of music, objects or images as a stimulus for movement.			Pupils are challenged to adapt their work to different speeds and styles of music.		
Y1 Working towards milestone 1 objectives.	Copy and remember poses that show positive emotions. Move with careful control and co-ordination to show positive feelings.	Copy and remember poses that show negative emotions. Move with careful control and co-ordination to show negative feelings.	Choose movements and create original movements to communicate a mood or feeling.	Link two or more actions to perform a sequence that expresses 3 set emotions.	Choose 3 emotions and create a sequence to express these emotions.	Assessment through the performance of sequences.
Y2 Working towards milestone 1 objectives.	Create original poses that show positive emotions. Move with careful control and co-ordination to show positive feelings.	Create original poses that show negative emotions. Move with careful control and co-ordination to show negative feelings.	Choose movements and link them together to communicate a change in mood or feeling.	Choose 3 emotions and create a sequence to express these emotions.	Demonstrate changes in speed and levels to enhance the expression of emotions within a sequence.	Assessment through the performance of sequences.
LKS2	Theme: Real life situations.					
	Milestone 2 objectives covered: <ul style="list-style-type: none"> • Plan, perform and repeat a sequence of between 4-6 moves. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Create dances and movements that convey a definite idea. • Change speed and levels within a performance. • Develop physical strength and suppleness by practicing moves and stretching. • View and describe dances from other cultures and describe where they came from. • Demonstrate a simple dance from a different culture. • Describe what they like or dislike about a dance. • Use compositional devices of canon and unison. 					
	Pupils respond to a range of poems, pictures and real-life events as a stimulus for movement.					
Y3 working towards milestone 2 objectives.	Develop physical strength and suppleness by practicing moves and stretching. Move in a clear, fluent and expressive manner in response to a stimulus.	Develop physical strength and suppleness by practicing moves and stretching. Refine movements into sequences. Plan, perform and repeat sequences.	Develop physical strength and suppleness by practicing moves and stretching. View and describe dances from other cultures. Perform a simple dance from a different culture.	Develop physical strength and suppleness by practicing moves and stretching. Work in groups to create sequences of 4-6 movements based on a stimulus.	Develop physical strength and suppleness by practicing moves and stretching. Work in groups to create sequences of 4-6 movements based on a stimulus. Explore working in canon and in unison.	Develop physical strength and suppleness by practicing moves and stretching. Assessment through the performance of dances. Describe what they like about a dance and what they would improve.
Y4 working towards milestone 2 objectives.	Develop physical strength and suppleness by practicing moves and stretching. Move in a clear, fluent and expressive manner in response to a stimulus.	Develop physical strength and suppleness by practicing moves and stretching. Change speed and levels within a performance.	Develop physical strength and suppleness by practicing moves and stretching. View and describe dances from other cultures.	Develop physical strength and suppleness by practicing moves and stretching. Work in groups to create sequences of 4-6 movements based on a stimulus.	Develop physical strength and suppleness by practicing moves and stretching. Work in groups to create sequences of 4-6 movements based on a stimulus.	Develop physical strength and suppleness by practicing moves and stretching. Assessment through the performance of dances.

			Perform a simple dance from a different culture. Extension: Use movements from the dances observed to create original dance sequences in the style of another culture.	Change speed and levels within a performance.	Change speed and levels within a performance. Explore working in canon and in unison.	Describe what they like about a dance and what they would improve.
UKS2	Theme: Self-expression.					
	Milestone 3 objectives covered: <ul style="list-style-type: none"> • Compose creative and imaginative dance sequences with a beginning, middle and end. • Choose appropriate music to accompany the dance. • Compare and contrast dances from different cultures. • Understand that dances from different cultures are created in different ways and have different functions in a community. • Perform a dance from a different culture, demonstrating key features. • Perform expressively and hold a precise and strong body posture. • Perform and create complex sequences. • Express an idea in original and imaginative ways. • Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. • Perform complex moves that combine strength and stamina gained through gymnastics activities. 					
	Pupils respond to					
Y5 working towards milestone 3 objectives.	Hold precise and strong body postures. Compare and contrast dances from different cultures. Understand that dances from different cultures are created in different ways and have different functions in a community. Perform a dance from a different culture, demonstrating key features.	Hold precise and strong body postures. Perform a dance from a different culture, demonstrating key features. Describe how watching and performing a dance makes them feel.	Hold precise and strong body postures. Perform a dance from a different culture, demonstrating key features.	Given a theme, compose a creative and imaginative dance sequence to express the idea. Plan to create a dance with a clear beginning, middle and end. Choose appropriate music to accompany the dance.	Given a theme, compose a creative and imaginative dance sequence to express the idea. Plan to create a dance with a clear beginning, middle and end. Choose appropriate music to accompany the dance.	Assessment through the performance of dances.
Y6 working towards milestone 3 objectives.	Hold precise and strong body postures. Compare and contrast dances from different cultures. Understand that dances from different cultures are created in different ways and have different functions in a community. Perform a dance from a different culture, demonstrating key features.	Hold precise and strong body postures. Perform a dance from a different culture, demonstrating key features. Describe how watching and performing a dance makes them feel.	Hold precise and strong body postures. Perform a dance from a different culture, demonstrating key features.	Choose a theme or idea and compose a creative and imaginative dance sequence to express the idea. Plan to create a dance with a clear beginning, middle and end. Plan to create a specific dynamic or feeling and maintain this throughout the performance. Choose appropriate music to accompany the dance.	Choose a theme or idea and compose a creative and imaginative dance sequence to express the idea. Plan to create a dance with a clear beginning, middle and end. Plan to create a specific dynamic or feeling and maintain this throughout the performance. Choose appropriate music to accompany the dance.	Assessment through the performance of dances.