

PROGRESS-O-METER TARGET

DANCE YEAR 1

This framework should be adapted by the teacher to meet the learning requirements of the class



LESSON 6

How can you use a story/theme to perform a dance?

I can respond imaginatively to a story/theme and explore movements

I can explore some movements in response to a story/theme

I can sometimes respond to a story/theme

LESSON 5

How can you work together to make your dance?

I always co-operate with my group

I can co-operate with my group to make a dance

I can sometimes co-operate with my group

End of KS1 Attainment Target

- Has begun to master basic movements such as running
- Has begun to master basic movements such as jumping
- Has begun to demonstrate agility, balance and co-ordination
- Has begun to perform dances using simple movement patterns

STEP 4 (MASTERY)

STEP 3

STEP 2

STEP 1

I can listen to the music/tambourine and attempt to move in time to it

I can listen to the beat of the music/tambourine and sometimes move in time to it

I can listen to the beat of the music/tambourine and move in time to it

LESSON 1
How can you move in time to the music?

I can perform dance movements with support

I can perform basic dance movements with some control

I can perform dance movements with co-ordination and control

LESSON 2
How can you perform dance movements with control?

I can perform basic movements showing a variety of levels

I can use basic dance movements to travel e.g. jumping and turning

LESSON 3
How can you perform dance movements at different levels?

LESSON 4
How can you move in different directions?

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- Has begun to perform dances using simple movement patterns