



SMB Dance Ltd - Dance Progression

EYFS

- Move safely in a shared space.
 - Travel using different pathways.
 - Develop balance and coordination.
 - Move to different tempos.
 - Copy simple actions.
 - Explore different levels, speeds and directions.
 - Express ideas through imaginative movement.
 - Perform individually and with others.
 - Begin to remember short movement patterns.
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Key Stage 1 (Years 1-2)

Physical Skills

- Travel with increasing control.
- Jump, turn, roll and balance confidently.
- Demonstrate good posture.
- Link movements smoothly.

Performance

- Perform simple routines.
- Dance with expression.
- Maintain timing with music.
- Perform individually and with partners.

Choreography

- Create short movement sequences.
- Use beginning, middle and ending.
- Choose movements to represent ideas.
- Respond to different musical styles.

Evaluation

- Describe what they enjoyed.
 - Identify successful movements.
 - Suggest simple improvements.
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Key Stage 2 (Years 3-4)

Physical Skills

- Improve coordination and flexibility.
- Perform travelling actions fluently.
- Demonstrate control when changing speed and direction.
- Maintain balance during transitions.

Performance

- Perform longer routines.
- Show expression and confidence.
- Synchronise movements with others.
- Demonstrate rhythm and timing.

Choreography

- Develop motifs.
- Use canon, unison and formations.
- Create dances with partners and small groups.
- Respond creatively to themes.
- Use of Props.

Evaluation

- Use dance vocabulary.
 - Evaluate performances.
 - Refine movement following feedback.
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Key Stage 2 (Years 5-6)

Physical Skills

- Demonstrate precision and control.
- Perform complex movement patterns.
- Show stamina and accuracy.
- Refine technique.

Performance

- Perform confidently to an audience.

- Demonstrate expression and projection.
- Maintain timing within group performances.
- Adapt performance quality for different styles.

Choreography

- Create extended dance phrases.
- Use formations effectively.
- Apply dynamics, relationships and space creatively.
- Choreograph dances inspired by different themes and cultures.
- Use of props.

Evaluation

- Analyse performances using dance vocabulary.
- Identify strengths and areas for development.
- Apply feedback independently.
- Reflect on artistic and technical performance.