



# CRIGGLESTONE ST. JAMES CE PRIMARY ACADEMY

## Physical Education Dance Progression Map



‘Ready for the Future’

2020-2021

# Physical Education - Intent

At Crigglestone St James Academy, we believe that physical education is vital to pupils' physical, mental, social and emotional development and health. Children at St James are encouraged to reach their full potential in an inclusive and engaging environment which supports and challenges all children. Our aim is for physical education to help children be "Ready for the Future" in all aspects of their life through developing creativity, curiosity and resilience, experiencing leadership and forming social relationships.

We have created an inclusive curriculum developed with The PE Hub and iMoves (which follows the EYFS framework and National Curriculum). Our curriculum allows children to build upon their prior knowledge from past physical education lessons, learn new skills and be confident in applying these skills. Our curriculum is based around six key sporting values: determination, passion, respect, honesty, self belief and teamwork. We give our children a breadth of sporting opportunities within the curriculum, through our lunchtime provision and extra-curricular activities. Children use the sporting values and develop their sporting skills which can lead to representing the school in the intra house and inter school festivals, community festivals, national competitions and other sporting events.

A sports person is more than just excelling in a specific sport. We want our children to understand the importance of leading a healthy lifestyle and know how to take care of themselves both physically and mentally in order to be successful in their future.

# Dance Journey



## Reception

To be able to follow simple instructions.  
To be able to move using simple rhythms and actions.  
To be able to copy and repeat actions.  
To be able to explore space safely.  
To be able to balance, coordination and stability whilst performing with some control.

## Key Stage 1

To be able to perform a range of actions and movements with control and coordination.  
To respond to a range of stimuli.  
To have a more developed understanding of spatial awareness whilst exploring direction and speed.  
To be able to compose and link actions to make simple movement phrases.



## Lower Key Stage 2

To create, perform and repeat sequences which have a change in dynamic e.g. speed, direction and level.  
To perform their dances with fluency and control.  
To experiment with a wide range of actions whilst working with a partner or in a team.  
To begin to develop basic choreography skills in travelling, dynamics and partner work.  
To introduce emotion when performing dances.



To own and explore new movement patterns individually and within a group.  
To work collaboratively to include more complex compositional ideas.  
To be confident in using emotion whilst choreographing dance routines.  
To move in a way which reflects music and perform movements accurately with a sense of rhythm.

## Upper Key Stage 2