

Physical Education: Key Stage 2

	Dance	Outdoor and Adventurous Activity	Evaluate	
	Perform dances using a range movement patterns. Develop overall body strength, co-ordination and balance.	Take part in outdoor and adventurous activity challenges both individually and within a team.	Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
Year.3	• Improvise freely and translate ideas from a stimulus into a movement. • Share and create phrases with a partner and a small group. • Remember and repeat dance perform phrases.	• Follow a map in a familiar context. • Use clues to follow a route. • Follow a route safely.	• Compare and contrast gymnastic sequences. • Recognise own improvement in ball games.	
Year 4	• Take the lead when working with a partner and small group. • Use Dance to communicate an idea.	• Follow a map in a (more demanding) familiar context. • Follow a route within a time limit.	• Provide support and advice to others in gymnastics and dance. • Be prepared to listen to the advice of others.	
Year 5	• Compose own dances in a creative way. • Perform dance to an accompaniment • Dance shows fluency, clarity, accuracy and consistency.	• Use clues to navigate a route, involving a greater number of way points. • Use new information to change route.	• Pick up on something a partner does well and also on something that can be improved. • Know why own performance was	

			better or not as good as their last.	
Year 6	• Develop sequences in a specific style. • Choose own technique and style.	• Plan a route and clues for someone else. • Plan taking into account safety and danger.	• Know which sports they are good at and find out how to improve further.	