

Ottershaw Progression of Skills: Dance

Year 6 Exceeding Consolidate Trickiest 2 Skills

Shapes

I can:

- Create multiple standing and floor shapes
 - balanced on the ball of each foot higher than 45°.
 - with torso forward.
 - with arms short.
 - with 2 points of contact supported on hands, arms and/ or shoulders.
 - with limbs outstretched.
- Travel between shapes, including jumps with backward rotation (barrel roll jump).

Circles

I can:

- Create complex movement led by circles of all sizes and in different planes, performed simultaneously by different body parts leading into
 - stepping, body action and turning.
 - jumping with 360° rotation.
 - jumping with 1 foot take-off and landing.
 - jumping with change of leg position in the air.

Partnering (Shapes)

I can:

- Create standing and floor shapes
 - with contact.
 - balanced on the ball of 1 foot, arms short.
 - with 2 points of contact using hands, arms and/ or shoulders for support.
- Travel together with my partner
 - using spirals, rotation on the floor and in the air.
 - in different directions and at different speeds.

Artistry (Abstraction)

I can:

- Create multiple ways of moving linked to the silk
 - where silk moves lead me into jumping, floorwork and into floor shapes.
 - pausing in balanced shapes in between moves.
- Perform continuously from start to finish and in reverse.



Partnering (Circles)

I can:

- Create sequences of movement led by combinations of circles made with different body parts and in different planes
 - leading into and out of turning followed by jumping.
 - in unison.

Artistry (Musicality)

I can:

- Create a combination of shapes, circle and silk moves
 - in response to the melody, the beats and the character of the music.
 - to various musical pieces adapting to what I hear.

Partnering (Lifts)

I can:

- Create higher lifts and supported jumps, including jumping towards my partner.
- Create sequences of movement that lead into and out of higher lifts.

Artistry (Masking)

I can:

- Create a sequence of a minimum of 6 moves
 - with various travelling distances and movement pathways.
 - in unison.
 - independently of my partner.
 - in unison, and in contrast to my partner's, mixed throughout my dance.

Expected end of upper KS2



Years 5 and 6
Consolidate Trickest 1 skills

Shapes

I can:

- Create multiple standing and floor shapes
 - balanced on 1 foot with other foot higher than 45°.
 - with 2 points of contact using combination of hands, arms and shoulders for support.
- Travel between shapes including rotation
 - on the floor (spirals and turns) and in the air.
 - in different directions.
 - at different speeds.



Circles

I can:

- Create complex movement led by a combination of circles made with different body parts and in different planes leading into
 - stepping, body movements and turns.
 - jumps with 1 foot take-off and landing, other leg extended.
 - jumps with 180° rotation and change of direction in the air (landing facing backwards).



Partnering (Shapes)

I can:

- Create standing and floor shapes in close contact
 - both balancing on 1 foot.
 - cross-bodied with 2 points of contact with the floor.
- Travel with my partner
 - incorporating spirals, rotation on the floor, jumping and cross-bodied finishing positions.

Artistry (Abstraction)

I can:

- Create multiple ways of moving linked to the silk
 - where the silk moves lead me into jumping, a turn and a jump, floor and floor shapes.
 - fluently without stopping.

Partnering (Circles)

I can:

- Create sequences of movement led by combinations of circles made with different body parts and in different planes
 - leading into and out of turning.
 - in unison.
 - while mirroring.

Artistry (Musicality)

I can:

- Create a combination of shapes, circle and silk moves
 - both matching and in contrast to the melody or the main song line.
 - responding to musical phrases.

Partnering (Lifts)

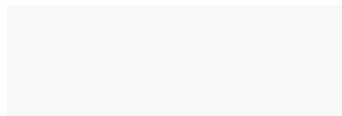
I can:

- Create sequences of movement, turning and jumping
 - leading into and out of partner supports.
 - leaning towards and away from my partner.
 - in unison.
 - in canon.
 - independently from my partner.

Artistry (Making)

I can:

- Create a sequence of a minimum of 6 various moves
 - with movements made both with arms and legs.
 - in unison followed by moves in contrast and performed independently of my partner.



Year 4
Consolidate Trickier 2 skills

Shapes

I can:

- Create multiple standing and floor shapes
- balanced on 1 foot,
- with arms at different planes,
- with torso rotated and bent,
- with 2 points of contact with the floor,
- facing up and sideways.
- Travel between shapes including rotation
- on the floor and in the air,
- in different directions.

Circles

I can:

- Create sequences of movement led by combined arm, shoulder, leg and foot circles and/ or semi-circles leading into
- turning,
- jumping with good height, speed and various body shapes in the air.

Partnering (Shapes)

I can:

- Create standing and floor shapes
- at different levels,
- without contact,
- with 1 hand contact,
- Jump with backward rotation when moving between shapes.

Artistry (Abstraction)

I can:

- Create multiple ways of moving linked to the silk
- where silk moves lead me into stepping, jumping, floor moves and floor shapes,

Artistry (Musicality)*

I can:

- Create combination of shapes, circle and silk moves
- matching the energy of the music,
- in time to the beat and the rhythm,
- matching 1 instrument playing off the main beat.

Artistry (Making)

I can:

- Create a sequence of a minimum of 5 moves
- with limbs in different planes and directions,
- Perform both in my and my partner's place.



Year 3
Trickier 1 skills

Shapes

I can:

- Create multiple standing and floor shapes
- with torso rotated,
- with 3 points of contact with the floor,
- facing up and sideways.
- Travel between shapes including stepping into jumping.
- Rotate in jumps.

Circles

I can:

- Create exact and repeatable movement led by both single arm and leg circles and semi-circles leading into
- body dropping and turning,
- turning with body tilted,
- jumps with 180° and 360° forward and backward rotations (starfish and barrel roll jumps).

Partnering (Shapes)

I can:

- Create standing and floor shapes
- opposite and entwined with my partner,
- as close as possible without touching,
- facing up, down and sideways,
- jumping with rotation when moving between shapes,
- in canon.

Artistry (Abstraction)

I can:

- Create multiple ways of moving linked to the silk
- pausing my movement to create shapes,
- using those shapes as my starting and finishing positions,
- including jumps with rotation.

Year 3
Trickier 1 skills

Shapes

I can:

- Create multiple standing and floor shapes
- with torso rotated,
- with 3 points of contact with the floor,
- facing up and sideways,
- Travel between shapes including stepping into jumping,
- Rotate in jumps,

Circles

I can:

- Create exact and repeatable movement led by both single arm and leg circles and semi-circles leading into
- body dropping and turning,
- turning with body tilted,
- jumps with 180° and 360° forward and backward rotations (starfish and barrel roll jumps),

Partnering (Shapes)

I can:

- Create standing and floor shapes
- opposite and entwined with my partner,
- as close as possible without touching,
- facing up, down and sideways,
- jumping with rotation when moving between shapes,
- in canon,

Artistry (Abstraction)

I can:

- Create multiple ways of moving linked to the silk
- pausing my movement to create shapes,
- using those shapes as my starting and finishing positions,
- including jumps with rotation,



Partnering (Circles)

I can:

- Create movement led by horizontal and vertical single arm circles and semi-circles
- followed with steps,
- followed with body action,
- in unison,
- in canon,
- mirroring my partner,

Artistry (Musicality)*

I can:

- Create shapes, circle and silk movements
- at different speeds to follow the music without stopping,
- making them specific to stress what the music is doing,

Partnering (Lifts)*

I can:

- Create partner balances with one standing and the other on the floor,
- Create and support jumps palm to palm/palm to lower back with a 180° turn in the air and 1 foot take-off and landing,

Artistry (Making)

I can:

- Create a sequence of a minimum of 5 moves
- similar and then in contrast to my partner's,
- with various starting and finishing positions,

Expected End of KS1



Year 2
Consolidate Tricky 2 skills

Shapes

I can:

- Create multiple standing and floor shapes
- with torso beginning to rotate,
- with 3 points of contact with the floor,
- facing down and up.
- Travel between shapes including jumping with rotation,

Circles

I can:

- Create movements led by large vertical single arm circles and semi-circles leading into
- stepping,
- body movements,
- turning,
- jumps with 180° and 360° rotations,

Partnering (Shapes)

I can:

- Create standing and floor shapes
- opposite and entwined with my partner,
- in close contact but without touching,
- Incorporate jumping when travelling between shapes
- in canon,

Artistry (Abstraction)

I can:

- Create 2 ways of moving linked to the silk
- using 3 or 4 limbs and pausing throughout my movement,
- fluently and without stopping,

Partnering (Circles)

I can:

- Create movement and turn forwards and backwards through horizontal and vertical large arm circle and semi-circle
- in unison,
- finishing in partner shapes,
- Create jumps from foot circles
- jumping in unison,

Artistry (Musicality)*

I can:

- Create shapes, circles and silk movements to
- express the music,
- change my moves so they match different music,

Partnering (Lifts)*

I can:

- Create partner balances leaning away from each other with hand-to-hand contact,
- Create and support jumps with hand to elbow contact
- facing each other,
- using a 2-foot take-off and landing, with 180° rotation,

Artistry (Making)

I can:

- Create a sequence of 5 static and dynamic moves
- in contrast to my partner's,
- using different partner shapes,
- at different levels,
- with different timings,



Year 1
Consolidate Tricky 1 skills

EYFS
Explore Tricky 1 skills

Shapes

I can:

- Create multiple standing and floor shapes
- balanced on both feet,
- with limbs in different planes,
- with 3 points of contact,
- facing down,
- Travel between shapes including jumping.

Circles

I can:

- Create movements led by large horizontal single arm circles and semi-circles leading into
- stepping,
- turning,
- Jump from a static position, arms up and down,

Partnering (Shapes)

I can:

- Create standing and floor shapes in contrast to my partner's
- with our body parts crossing over,
- Travel between shapes in unison,

Partnering (Circles)

I can:

- Turn forwards and backwards through horizontal large arm circle
- and finish away,
- in unison,
- in canon,
- Create, in unison, jumps with rotation from a static position,

Partnering (Lifts)*

I can:

- Create partner balances
- with hand on shoulder contact,
- facing my partner,
- Create and support jumps
- with hand to elbow contact,
- with hands on waist and shoulders in contact,
- facing my partner,
- with 2-feet take-off and landing,

Artistry (Abstraction)*

I can:

- Create 2 ways of moving linked to the silk
- using both hands at the same time,
- connected to standing shapes,

Artistry (Musicality)*

I can:

- Create shapes and movements to express how the music makes me feel
- following 1 instrument,
- following a story with movement,

Artistry (Making)

I can:

- Create a sequence of 4 moves with some being different to my partner's,

