Our P.E Learning Journey

YEAR 7

Aesthetics

Perform dances using advanced techniques in a range of styles and forms

Begin to demonstrate complex combinations with fluency and control

Develop their technique and improve their performance

YEAR 5 & 6

Aesthetics

Create dance to tell a story with contrasting speeds

Perform imaginative and creative movements

Create actions and link them together, understand transition between movements to music and understand doing it to the beat

Combine all skills to be able to create imaginative and creative routines and give self and peer feedback

YEAR 3 & 4

Aesthetics

Perform routine in unison and understand cannon

Know and perform 7 basic shapes with control

Perform counter balance and counter tension

Link actions together to create a story through dance

Know 7 basic shapes

Use contrasting speeds of dance to music

Understand terms unison and cannon and perform them

Create actions and link them together to the beat of the music

YEAR 1 & 2

Aesthetics

Perform actions to music and understand transition

Perform basic gymnastic skills in a sequence

Understanding unison

Move around safely

Know the 5 basic shapes

Understand beats of the music

Perform basic rolls

Perform a range of jumps

Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

Demonstrate strength, balance and coordination

EYFS

Aesthetics

Try to move in time with music

Work cooperatively and take turns with others.

Negotiate space and obstacles safely, with consideration for themselves and others

Show an ability to follow instructions involving several ideas or actions