

## Our Vision for PE - Statement of intent

At St Clare's Catholic Primary School, we understand the impact that physical activity can have on the mental, emotional, social and physical wellbeing of a person.

Therefore, in Physical Education, we aim to provide high-quality lessons that inspire all children, including the least active, to succeed and excel. Through this, it is our intention to help develop their physical health and fitness, as well as a growing understanding of the benefits of an active lifestyle.

### Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives



#### **Early Years Outcome: Dance**

The main Early Years Outcomes covered in the Dance units are:

- Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. (PD – M&H 30-50)
- Experiments with different ways of moving. (PD – M&H 40-60)
- Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. (PD – M&H ELG)
- Enjoys joining in with dancing and ring games. (EAD – M & M 30-50)
- Beginning to move rhythmically. (EAD – M & M 30-50)
- Imitates movement in response to music. (EAD – M & M 30-50) • Begins to build a repertoire of songs and dances. (EAD – M & M 40-60)
- Children sing songs, make music and dance, and experiment with ways of changing them. (EAD – M & M ELG)
- Developing preferences for forms of expression. (EAD – BI 30-50)
- Uses movement to express feelings. (EAD – BI 30-50)
- Creates movement in response to music. (EAD – BI 30-50)
- Captures experiences and responses with a range of media, such as dance. (EAD – BI 30-50)
- Initiates new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences. (EAD – BI 40-60)
- Children represent their own ideas, thoughts and feelings through dance. (EAD – BI ELG)

#### **KS1 National Curriculum Aims: Dance**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities;
- perform dances using simple movement patterns.

#### **KS2 National Curriculum Aims: Dance**

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:

- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics];

- perform dances using a range of movement patterns;
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

## Progression of Skills – Dance

	Year 1	Year 2
<b>Aim of Educational Dance</b>	<p>Children will explore basic body actions, eg <i>jumping and turning</i>, and use different parts of their body to make movements. They create and repeat short dances inspired by different stimulus and themes.</p> <p>In dance as a whole, children think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts.</p>	<p>Children will focus on creating and performing short dances that communicate different moods, feelings and ideas. A range of subjects, including some based on different times and cultures can be used. Children will learn how to use different parts of the body to imitate and lead movements. They will also create short dances individually and also create and perform with a partner.</p>
<b>Performance of skills - Progression</b>	<ul style="list-style-type: none"> <li>▶ Perform fundamental movement skills at a developing level.</li> <li>▶ Perform basic body actions with control and show some sense of dynamic, expressive and rhythmic qualities in their own dance.</li> </ul>	<ul style="list-style-type: none"> <li>▶ Perform fundamental movement skills at a developing level and start to master some basic movements</li> <li>▶ Perform body actions with control and coordination and perform short dances, showing an understanding of expressive qualities.</li> </ul>
<b>Developing Physical Skills – Lancashire Scheme</b>	<p><b>Body Actions</b></p> <ul style="list-style-type: none"> <li>▶ Copy and explore basic body actions from a range of stimuli (words, poetry, pictures, sounds, objects)</li> </ul> <p><b>Travel, Turn, Jump, Gesture, Stillness</b></p> <ul style="list-style-type: none"> <li>▶ Copy simple movement patterns</li> <li>▶ Show and tell using body actions to explore moods, ideas and feelings.</li> <li>▶ Vary speed, strength, energy and tension of their movements.</li> </ul>	<p><b>Body Actions</b></p> <ul style="list-style-type: none"> <li>▶ Copy and explore basic body actions from a range of stimuli (words, poetry, pictures, sounds, objects)</li> </ul> <p><b>Travel, Turn, Jump, Gesture, Stillness</b></p> <ul style="list-style-type: none"> <li>▶ Copy simple movement patterns</li> <li>▶ Show and tell using body actions to explore moods, ideas and feelings.</li> <li>▶ Vary speed, strength, energy and tension of their movements.</li> </ul>
<b>Application of skills – Lancashire Scheme (Core Task)</b>	<p>Choose movements to make their own simple dance phrase with beginning, middle and ending.</p> <ul style="list-style-type: none"> <li>• Practice and repeat these short dance phrases so they can be performed in a controlled way.</li> <li>• Choose and link actions that express a mood, idea or feeling</li> </ul> <p>Lancashire units – Three little pigs, Toy Story, Fire-Fire and Robots</p>	<p>Choose movements to make their own simple dance phrase with beginning, middle and ending.</p> <ul style="list-style-type: none"> <li>• Practice and repeat these movements so they can be performed in a controlled way.</li> <li>• Choose and link actions that express a mood, idea or feeling</li> <li>• Remember and repeat movements showing greater control, coordination and spatial awareness.</li> </ul> <p>Lancashire units – Moving Along, Seaside, Once Upon a Giant, Explorers and Wind in the Willows</p>

	Year 3	Year 4	Year 5	Year 6
<p><b>Aim of Educational Dance activities</b></p> <p>In dance as a whole, children think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts.</p>	Children perform dances, focusing on creating, adapting and linking a range of dance actions. These are inspired by a variety of subjects, including some traditional, social and/or historical dances. They work with a partner and in small groups, developing their ability to create, perform and appreciate dance.	Children focus on creating characters and narrative through movement and gesture. They gain inspiration from a range of subjects, and work in pairs and small groups. Children concentrate on combining and linking phrases of movement fluently and with control	Children learn different styles of dance and focus on dancing with other people. They create, perform and watch dances in a range of styles, working with partners and groups. They will be encouraged to become more adventurous when improvising and exploring ideas, developing their knowledge of how props, costume, design and music enrich dance.	Children will focus on using different visual images as the starting point for composing, performing and watching dance. They will extend the range of movements they use and develop new skills in working with a partner, including taking weight, supporting, leaning, balancing and lifting.
<b>Progression of performance of skills</b>	▶ Perform freely, translating ideas from a stimulus into movement using dynamic, rhythmic and expressive qualities clearly and with control.	▶ Perform dances clearly and fluently and show sensitivity to the dance idea and the accompaniment.	▶ Perform different styles of dance clearly and fluently, adapt and refine the way they use weight, space and rhythm in their dances to express themselves in the style of dance.	▶ Perform dances fluently and with control and can perform to an accompaniment expressively and sensitively.
<b>Developing Performing Skills</b>	<ul style="list-style-type: none"> <li>▪ To perform dances expressively, using a range of performance skills.</li> <li>▪ To perform dances with an awareness of rhythmic, dynamic and expressive qualities, on their own, with a partner and in small groups.</li> <li>▪ To perform more complex dance phrases that communicates character and narrative.</li> <li>▪ To perform in a whole class performance.</li> </ul>			
<b>Application of Skills - Composing</b>	<ul style="list-style-type: none"> <li>▪ To create movement using a stimulus.</li> <li>▪ To explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group.</li> <li>▪ To create and link dance phrases using a simple dance structure or motif.</li> <li>▪ To use simple choreographic principles to create motifs.</li> <li>▪ To compose dances by using, adapting and developing steps, formations and patterning from different dance styles.</li> <li>▪ To explore, improvise and combine movement ideas fluently and effectively.</li> </ul>			
<b>Appreciation</b>	<ul style="list-style-type: none"> <li>▪ To talk about how they might improve their dances.</li> <li>▪ To describe and evaluate some of the compositional features. of dances performed with a partner and in a group.</li> <li>▪ To understand how a dance is formed and performed.</li> <li>▪ To evaluate, refine and develop their own and others' work.</li> </ul>			
<b>Character Education</b>	<ul style="list-style-type: none"> <li>▪ Resilience</li> <li>▪ Co-operation</li> </ul>	<ul style="list-style-type: none"> <li>▪ Encouragement</li> <li>▪ Responsibility</li> </ul>	<ul style="list-style-type: none"> <li>▪ Respect</li> <li>▪ Co-operation</li> </ul>	<ul style="list-style-type: none"> <li>▪ Resilience</li> <li>▪ Empathy</li> </ul>