

# Dance Skills Ladder

## Pathfinders 1

**Da1** Explore basic body actions

**Da2** Explore movement skills and create movement patterns in response to stimuli

**Da3** Respond to different stimuli, copy and explore basic body actions and movement patterns

**Da4** Recognise how their body feels when still and when exercising

**Da5** Observe performances and say why they like / dislike it

**Da6** Create, practice and repeat their own movement phrases with a beginning, middle and end

**Da7** Evaluate their movement phrases using dance vocabulary

## Pathfinders 2

**Da8** Discuss different stimuli and explore ideas, moods and feelings to extend their movement phrases

**Da9** Recognise the need for warm up and cool down

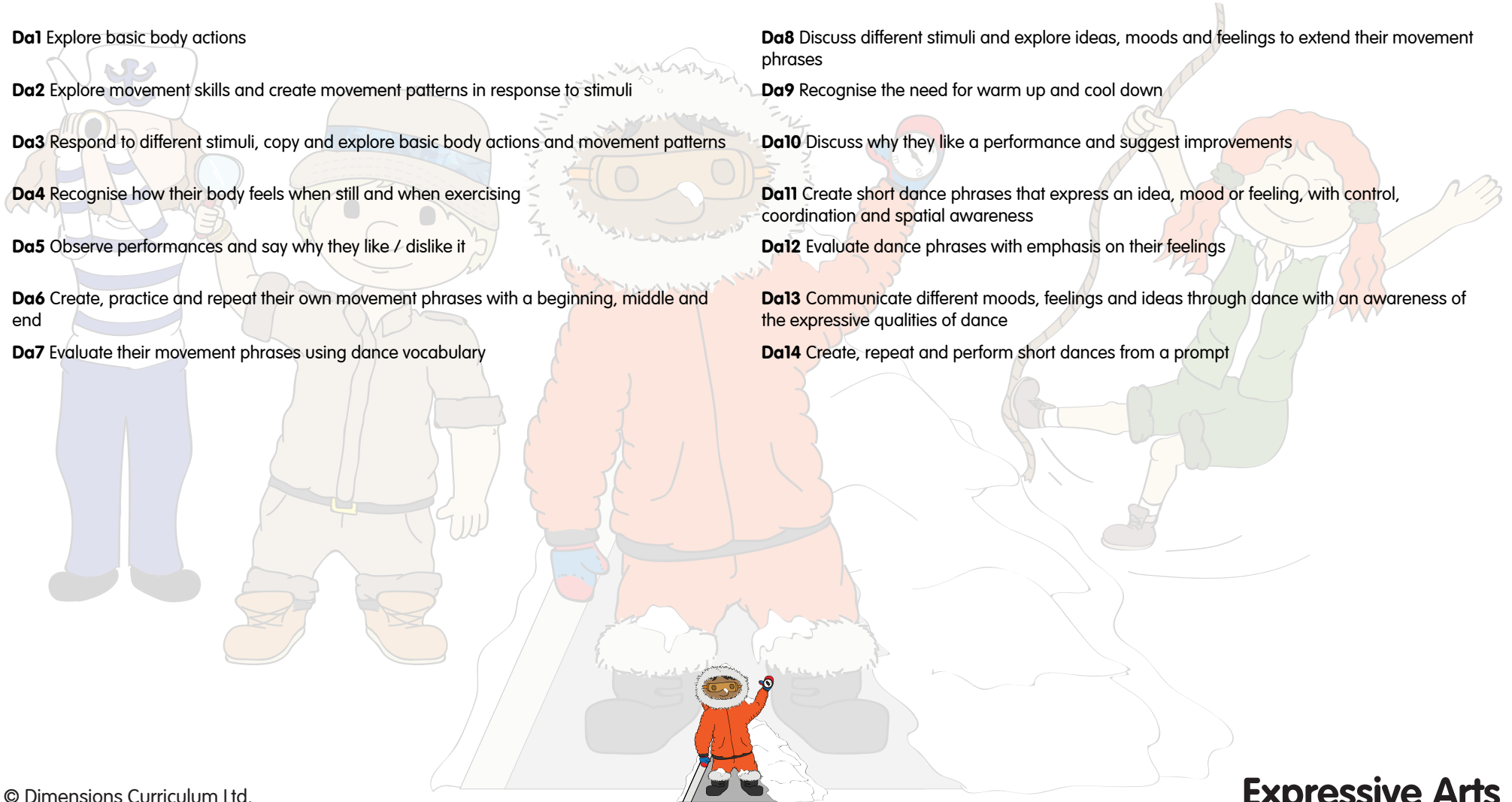
**Da10** Discuss why they like a performance and suggest improvements

**Da11** Create short dance phrases that express an idea, mood or feeling, with control, coordination and spatial awareness

**Da12** Evaluate dance phrases with emphasis on their feelings

**Da13** Communicate different moods, feelings and ideas through dance with an awareness of the expressive qualities of dance

**Da14** Create, repeat and perform short dances from a prompt



# Dance Skills Ladder

## Adventurers 1

- Da15** Explore a range of actions and movements to create simple motifs and compose simple dances
- Da16** Recognise and describe dances involving simultaneous and complementary movements
- Da17** Respond imaginatively to different stimuli using dance language and creative movements
- Da18** Extend their effort in their dances and perform with a good level of fluency
- Da19** Work independently, with a partner or in a small group
- Da20** Participate in warm up and cool down activities
- Da21** Learn, practice and perform dance phrases with physical control, expression and an awareness of other performers

## Adventurers 2

- Da22** Explore a range of actions, movements, space and relationships and how to create simple motifs and compose simple dances
- Da23** Observe, evaluate and suggest how dance performances can be improved
- Da24** Use the stimulus of a character profile or text to develop a creative dance phrase
- Da25** Create longer and more complex dance phrases using different compositional ideas
- Da26** Devise and perform own warm-up and cool down activities
- Da27** Respond imaginatively, through movement and gesture, to a given stimulus
- Da28** Work independently, in pairs and small groups
- Da29** Learn, practice, refine and perform dance phrases with physical control, expression, rhythmic timing, musicality and an awareness of other performers

# Dance Skills Ladder

## Navigators 1

**Da30** Explore a range of dance styles, working with partners or groups

**Da31** Recognise and understand different styles of dance

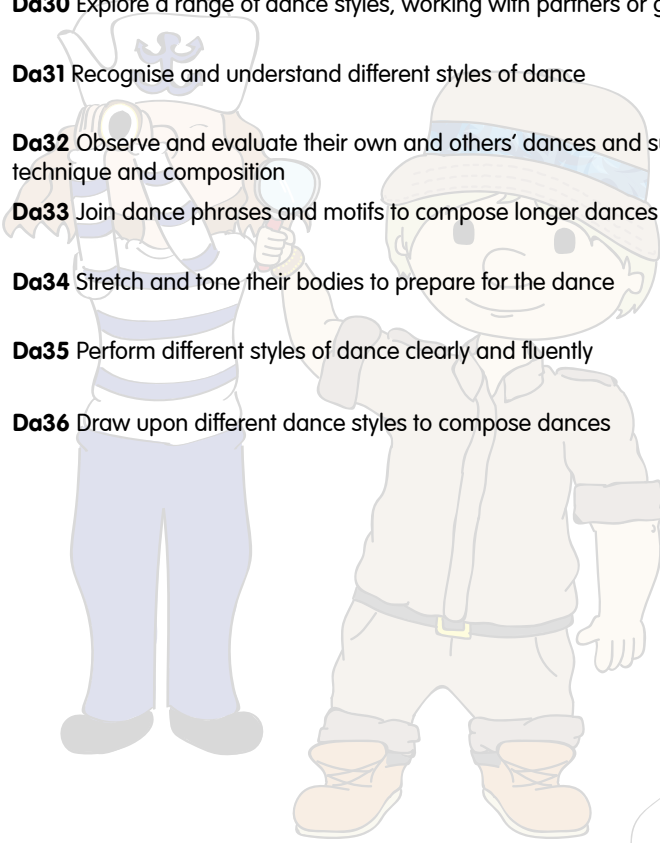
**Da32** Observe and evaluate their own and others' dances and suggest ways to develop technique and composition

**Da33** Join dance phrases and motifs to compose longer dances

**Da34** Stretch and tone their bodies to prepare for the dance

**Da35** Perform different styles of dance clearly and fluently

**Da36** Draw upon different dance styles to compose dances



## Navigators 2

**Da37** Show free improvisation to explore and use a range of controlled movements and patterns

**Da38** Explore, develop and refine their movement repertoire

**Da39** Recognise and identify different types of exercise that will complement their dancing

**Da40** Understand how costume, music and set can enhance a dance performance

**Da41** Use different visual images as inspirations for composing and performing dance

**Da42** Work creatively on their own, in pairs and small groups

**Da43** Perform expressively, sensitively, fluently and with control

**Da44** Devise, adapt and refine a performance for a specific audience using appropriate criteria

**Da45** Draw upon different dance styles to compose dances and communicate meaning

**Da46** Show understanding of artistic meanings and intentions when they dance

