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| **Dance** | **Acquiring and Developing Skills** | **Evaluating and Improving** | **Health and Fitness** |
| * Can they improvise freely, translating ideas from a stimulus into movement? * Can they share and create phrases with a partner and in small groups? * Can they repeat, remember and perform these phrases in a dance? | * Can they select and use the most appropriate skills, actions or ideas? * Can they move and use actions with co-ordination and control? | * Can they explain how their work is similar and different from that of others? * With help, do they recognise how performances could be improved? | * Can they explain why it is important to warm-up and cool-down? * Can they identify some muscle groups used in gymnastic activities? |