

Dance - You must be able to complete all of the points in the box to complete that specific level

LEVEL	A	B	C
3	<ul style="list-style-type: none"> I can remember and perform short motifs. I understand what a motif is. I can show some control and link movements together I know that dance activity helps me stay healthy, and improves my coordination 	<ul style="list-style-type: none"> I can perform in a group I can copy and repeat a basic taught motif I can link at least 2 movements together I understand what a dance action is. 	<ul style="list-style-type: none"> I can take part in a basic warm up. I can take part in some basic steps following the teacher I know that dance activity helps me stay healthy
4	<ul style="list-style-type: none"> I can develop short motifs in the dance style or theme I can perform on two different levels I can plan and deliver a warm up to a group I can perform in unison and in time to the music I can give positive constructive feedback to my peer 	<ul style="list-style-type: none"> I can remember the moves and perform with control with very few mistakes I can include cannon in my routine I know what is important to include in a warm up and cool down and why I can include 3 dance actions in the motif I can give 1 strength and 1 weakness of a partners performance 	<ul style="list-style-type: none"> I can develop short motifs including a change of direction, level and order of moves. I can listen to others and share my ideas to improve the moves I understand what a dance action is and I can include 2 of these in my motif
5	<ul style="list-style-type: none"> I can develop motifs to look more aesthetically pleasing by changing a number of aspects such as level, order, direction, formations, unison, and cannon I can give my peer 3 strengths and 3 weaknesses of their performance 	<ul style="list-style-type: none"> I can perform with rhythm and in time to set music I can appreciate the dance style and this shows in my performance I can link dance actions together and perform this with few mistakes I can include a variety of turns and travelling steps 	<ul style="list-style-type: none"> I can evaluate my performance and give a strength and area to improve I understand that dance is beneficial to a healthy life style and can explain why I can remember and perform longer more complicated motifs I can plan and deliver a warm up to the whole group
6	<ul style="list-style-type: none"> I can evaluate my own and others work and identify targets for improvement I can create my own motifs and develop these accordingly to make more complicated sequences using all the above aspects 	<ul style="list-style-type: none"> I can perform a longer dance sequence with good technique and confidence in more than one style My motifs are made more difficult by using relationships and dynamics I understand and can thoroughly explain why warm up/ cool downs are important 	<ul style="list-style-type: none"> I can perform in unison and in time to the music showing rhythm and confidence with very few errors I can communicate effectively when giving my peers feedback with areas of strength and weakness I can remember the whole sequence and perform with a high level of control
7	<ul style="list-style-type: none"> I can perform a complicated dance sequence and motifs in more than one dance style I can choreograph and create my own motifs and sequences using complex choreographic devices(change of dynamic, relationships, changing formations) I can give excellent feed back to my peer and assess my own performance 	<ul style="list-style-type: none"> I can guide, teach and share ideas to help others I can comment on my own and others dances identifying what is good and the choreographic devices used to make useful suggestions for improvement I can explain the long term benefits of dance activity on the body I show very good technical alignment, confidence and stage presence 	<ul style="list-style-type: none"> I can lead a large group in a safe and effective warm up and cool down and explain what benefits the exercise is having I can plan my time effectively to practice the routine and work on improving my weaknesses this is done with minimal guidance I can perform to an audience making no mistakes showing confidence and creativity

PLT'S

self managers
Perform at max levels

creative thinkers
Outwit opponents

Independent enquires
accurate replication

reflective learners
identify/solve problems

effective participants
exercise safely effectively

team workers
communicating and exploring