

EDSTART KNOW

- I can explain how to evaluate and refine my own dance performances and those of others.
- I can describe how to move in time with the rhythm and style of different types of music.
- I can understand how to analyse the strengths and areas for improvement in a routine using correct dance vocabulary.

EDSTART GO

- I can refine my dance movements based on feedback and self-evaluation.
- I can perform routines that match the rhythm, tempo, and expression of the music.
- I can use key terminology to discuss and improve choreography, movement quality, and timing.

EDSTART SHOW

- I can perform confidently and fluently, showing rhythm, expression, and control.
- I can demonstrate how feedback and reflection have helped me improve my performance.
- I can evaluate performances using accurate terminology, recognising creativity and areas for further development.

Key Vocabulary

**rhythm, timing,
sequence,
expression,
formation,
performance,
coordination,
creativity**

Role Models



Akram Khan
Contemporary
Choreographer and
Performer



Darcy Bussell DBE
Former Principle
Ballerina, Royal Ballet

What do we know about dance?

Dance has existed across all cultures for thousands of years, used for ritual, storytelling, and celebration. Today, it spans countless genres — from traditional and contemporary to street and cultural styles. Dance combines physical skill with artistic interpretation, using movement to communicate emotion and meaning.

In education, dance builds self-expression, teamwork, and resilience while supporting physical literacy.

In Year 5 we learnt

- to perform dances fluently and with control in front of others.
- to choreograph a small group dance and show different, creative ideas each week.
- to create and perform fluent dance routines (5-6 elements).