

Recap: What do we know about dance?

## Lesson 1/6

**To be able to perform  
basic Irish dance  
steps with  
posture and rhythm.**

### EDSTART KNOW

- I can explain that Irish dance comes from Ireland.
- I can describe how Irish dancers hold their arms and posture.
- I can explain that steps are light and rhythmic.

### EDSTART GO

- I can perform step-close and step-point in rhythm.
- I can practise travelling with a partner.
- I can keep my posture tall and strong.

### EDSTART SHOW

- I can perform confidently in pairs.
- I can use rhythm and posture in performance.
- I can encourage my partner during practice.

**Recap: To be able to perform basic Irish dance steps with posture and rhythm.**

## Lesson 2/6

# To be able to perform Irish steps in rhythm with music.

### EDSTART KNOW

- I can explain that Irish dance steps match the beat of the music.
- I can describe the hop-step pattern.
- I can explain the difference between canon and unison.

### EDSTART GO

- I can perform hop-steps with rhythm.
- I can create an 8-count step with my group.
- I can try canon and unison with my group.

### EDSTART SHOW

- I can perform with rhythm and lightness.
- I can stay in time with my group.
- I can support my peers during practice.

**Recap: To be able to perform Irish steps in rhythm with music.**

## Lesson 3/6

# To be able to perform Irish dance in simple patterns and formations.

### EDSTART KNOW

- I can explain that Irish dances use group patterns
- I can describe circle and line formations.
- I can explain why timing matters in formations.

### EDSTART GO

- I can perform step patterns in straight lines.
- I can move into circle and diagonal shapes.
- I can travel in rhythm with my group.

### EDSTART SHOW

- I can perform confidently in formation.
- I can work with my group to stay in time.
- I can celebrate others' performances.

**Recap: To be able to perform Irish dance in simple patterns and formations.**

## Lesson 4/6

# To be able to choreograph a short Irish dance with a partner.

### EDSTART KNOW

- I can explain that Irish dance often uses partner work.
- I can describe how to choreograph a routine.
- I can explain why timing is important.

### EDSTART GO

- I can create a 16-count routine with a partner.
- I can perform my steps in rhythm.
- I can practise with another pair to build a group dance.

### EDSTART SHOW

- I can perform confidently with a partner.
- I can stay in time with others.
- I can celebrate group success.

**Recap:** To be able to choreograph a short Irish dance with a partner.

## Lesson 5/6

# To be able to combine partner and group routines into a whole-class performance.

### EDSTART KNOW

- I can explain why transitions are important.
- I can describe how Irish dances use patterns.
- I can explain how teamwork makes a performance stronger.

### EDSTART GO

- I can perform my routine as part of a class dance.
- I can practise transitions confidently.
- I can use rhythm in group sequences.

### EDSTART SHOW

- I can perform proudly in a class dance.
- I can support others in transitions.
- I can celebrate teamwork.

**Recap: To be able to combine partner and group routines into a class performance.**

## Lesson 6/6

# To be able to perform and evaluate an Irish dance.

### EDSTART KNOW

- I can explain that Irish dance is about posture, rhythm, and teamwork.
- - I can describe what went well in my performance.
- - I can explain one way to improve.

### EDSTART GO

- I can perform the class dance from start to finish.
- I can keep rhythm, posture, and timing.
- I can practise performing to an audience.

### EDSTART SHOW

- I can perform confidently with my class.
- I can celebrate others' achievements.
- I can reflect using "Two Stars and a Wish."