

**Lesson 1/6**

**To move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding, and hopping**

**EDSTART KNOW**

- I can explain how to move safely in space.
- I can describe different ways of travelling to music.
- I can understand how to follow beat and rhythm.

**EDSTART GO**

- I can travel, jump, hop, skip, and slide to music.
- I can copy and invent movements in response to sounds.
- I can follow commands like travel, freeze, inside, outside.

**EDSTART SHOW**

- I can respect space when moving near others.
- I can encourage friends to try new movements.
- I can celebrate imagination in dancing.

**Lesson 2/6**

# To perform the basic actions of travelling, jumping, turning, and making shapes

## **EDSTART KNOW**

- I can explain what canon and unison mean.
- I can describe how toys might move.
- I can understand how music can show character.

## **EDSTART GO**

- I can travel, jump, turn, and make shapes.
- I can copy movements from Toy Story characters.
- I can join movements into a simple dance.

## **EDSTART SHOW**

- I can respect friends' ideas in routines.
- I can encourage my group when practising.
- I can celebrate teamwork in dance.

**Lesson 3/6**

# To develop the basic actions of travelling, jumping, turning, and making shapes

## **EDSTART KNOW**

- I can explain what gestures are in dance.
- I can describe how to dance in canon or unison.
- I can understand how to move at different levels.

## **EDSTART GO**

- I can move at high, middle, and low levels.
- I can create gestures to music.
- I can perform simple routines with my group.

## **EDSTART SHOW**

- I can respect classmates' dance ideas.
- I can encourage others during practice.
- I can celebrate creativity and rhythm.

**Lesson 4/6**

# To move at speed with varying movement patterns

## **EDSTART KNOW**

- I can explain how clowns and acrobats move.
- I can describe what mirroring means.
- I can understand how to perform in unison.

## **EDSTART GO**

- I can travel at different speeds and directions.
- I can copy clown movements in mirroring games.
- I can create short circus dance routines.

## **EDSTART SHOW**

- I can respect my partner when mirroring.
- I can encourage my group during performances.
- I can celebrate effort and fun in circus dancing.

**Lesson 5/6**

# To experiment with different ways of moving

## **EDSTART KNOW**

- I can explain what rhythm means.
- I can describe how to move in canon and unison.
- I can understand how to rehearse a routine.

## **EDSTART GO**

- I can try different ways of moving to music.
- I can copy and create movement patterns.
- I can rehearse and perform my dance.

## **EDSTART SHOW**

- I can respect my group's ideas.
- I can encourage others when performing.
- I can celebrate creativity and rhythm.

**Lesson 6/6**

# To join set movement patterns and remember small sequences

## **EDSTART KNOW**

- I can explain how to link movements into a routine.
- I can describe how to use canon and unison in a dance.
- I can understand how dance can show moods and feelings.

## **EDSTART GO**

- I can rehearse a routine with my group.
- I can perform confidently to an audience.
- I can use gestures, canon, and unison in my dance.

## **EDSTART SHOW**

- I can respect others while watching dances.
- I can encourage classmates during performances.
- I can celebrate all groups' efforts.