

Year 1 and 2 Dance/Gymnastics Objectives      Key- **Physical**, **Psychological**, **Technical**, **Social**

	Dance 1	Dance 2	Gymnastics 1	Gymnastics 2
Year 1	<p>I can respond imaginatively to a range of music and sounds.</p> <p>I can move confidently and safely in my own and general space, at different speeds, levels and directions.</p>	<p>I can perform movement phrases using a range of different body actions and parts.</p> <p>Create linked movements, combining different ways of travelling with beginnings, middles and ends.</p>	<p>I can perform basic gymnastic actions: travelling, rolling, jumping and staying still.</p> <p>I can combine different ways of travelling exploring a range of movements and shapes.</p>	<p>I can move safely with confidence at different speeds, levels and directions.</p> <p>I can create linked movements with beginnings, middles and ends.</p>
Year 2	<p>I can perform a range of actions and simple movement patterns with control and co-ordination.</p> <p>I can work individually and with others.</p>	<p>I can compose short dances that express mood, ideas and feelings.</p> <p>I can explore, remember and repeat short dance phrases.</p>	<p>I can develop agility, balance and co-ordination to perform actions with control and confidence.</p> <p>I can explore, remember and repeat a range of gymnastic actions with control, co-ordination and accuracy.</p>	<p>I can form simple sequences of different actions using both the floor and various apparatus.</p> <p>I can combine travelling, balancing and stiffness using both the floor and apparatus, moving fluently from one position to another.</p>