

Level	Tactical	Technical	Health Awareness (PSEM)	Leadership
Early years	I can show an understanding of what actions mean?	I can follow basic dance movements.	I am aware my body can change when taking part in physical activity.	I am able to create movements and have others copy me in a small group.
	I understand the basic differences between high and low levels.	i can copy and perform a balance with some control.	I am aware of some healthy and unhealthy food choices.	I am able to work with others and share equally.
	I can use thumbs up to show what I think others have done well.	I can create my own actions using different parts of my body.	I can talk confidently about myself.	I can work on simple tasks with others.
	i can tell when a high level, central level and low level movement is being shown.	i can perform two different balances using whilst holding your partner with some control.	i can name the parts of our bodies that we need to warm up.	
1	I am able to play a wide range of games that have different action movements in them.	I can link 2 movements together whilst travelling with confidence and some control.	I am aware of the changes to parts of my body during physical activity.	I can perform actions in a small group for others to copy.
	I can explain do wells with some detail when asked.	I am able to hold a balance with some control.	I am aware of some reasons as to why physical activity is good for me.	I can work fairly with others and I am able to identify who I can work well with.
	i can understand to why we need to be sensible and careful when using equipment.	I can complete simple stretches to improve my flexibility.	I am aware of multiple healthy and unhealthy food choices for my body.	I can work with a small group and give my own input and suggestions.
		i can stand with a good posture, when its being demonstrate	I know who to speak to if I have something on my mind.	I am able to give positive feedback and motivate others when prompted.
2	I can show knowledge of different ways to succeed at a task.	I am able to show a range of different facial expressions i might use whilst performing.	I can name some of the advantages of physical activity and some disadvantages to not taking part in any.	I am able to give simple instructions to others in a small group (3-5)
	I understand the basic differences between quick and slow movemnts.	I can perform skills with a controlled balance from my core.	I am able to identify the difference between healthy and unhealthy food and drink.	I am able to work well with everyone in my class and show a basic understanding of SET.
	I can explain do wells and do differently's with some detail when asked.	I can perform a veraiity of movements by being shown different colours (yellow=star, blue=jump, green=turn)	I am able to respond to other peoples feelings appropriately.	I am able to offer do wells and do differently's with little detail to peers based on their performance.
	i can explain why we might use different levels in our routines.	I can complete simple stretches to improve my flexibility.	I understand that discussing problems is a positive way to solve them.	I am able to recognise when support is needed with my learning and happy to ask questions for guidance.
	i can name what keeps us and our bodies stuck to the ground. (gravity).	i can perform one high, one central and one low gesture after another.		
3	I am able to respond effectively to my opponants in other groups when performing a motif.	I am able to perform a wider range of skills with consistency and control. I can change level, speed and direction with fluidity whilst performing a range of actions, with some control.	I can name many advantages of physical activity and many disadvantages to not taking part in any.	I am able to simple instructions to others in a small sized group (2-5).
	I can explain do wells and do differently's with detail when asked.	I can perform movments with a controlled balance using my core.	I am able to find and record my pulse and compare my HR before and after physical activity	i can challenge yourself and your partner to do more technical balances when you both feel ready.
	I clearly understand the key differences between the different choreographic devices.	I can perform a gesture in cannon using the correct technique with some success.	I have a basic nutritional knowledge to ensure I make positive food and drink choices.	I am able to give do wells and do differently's in some detail to peers based on their performance.
	i can explain what retrograde, cannon, accumulation and unison means to the class.	i can perform a simple series of movements with a partner to demonstrate what accumulation looks like, when being performed with support.	I am aware of amount of physical activity I should be doing to be healthy	I am able to recognise when my peers and I need support and happy to ask an adult for guidance.
	i can give a small explanation to why physical strength is important in dance.	i can listen to a piece of music and clap along to the beat of the music.	I feel confident to discuss my problems with peers.	
4	I can explain what skills I need to include into my motif to perform it to it's best.	I am able to perform a wider range of skills with consistency and control. I can change level, speed and direction in an environment whilst performing a range of actions and skills with some control.	I recognise when I need to move on to the next step of the warm up by my bodies reaction.	I am able to give simple instructions to others in a medium sized group (6-14).
	I am able to identify mine and my groups weaknesses to then be able to work better together.	I can perform a range of balances using my core strength.	I can begin to understand my own complex emotional feelings and start to control them	I am able to recognise when my peers and I need support and happy to ask and adult and my peers for guidance.
	I proactively use self reflection through do wells and do differently's to enhance my own skills and performance.	I can perform different gestures using cannon and retrograde.	I am aware of types of activity I should be doing to improve my health.	I am able to give detailed do wells and do differently's to peers based on their performance.
	i can understand to why even simple stretches before and after a dance lesson are effective.	i can create a short sequence of stretches within a group, making sure you stretch your whole body.	I feel confident in discussing other peoples problems with them.	I am able to change my leadership approach to suit the needs of the people I am working with.
	i can explain why we use facial expressions in our routine and what different facial expressions we could use for different parts of the dance.	i can perform a short motif which you coordinate moving different parts of your body at the same time.	I am able to provide rationale solutions to my own problems	i can support your group when using unison within a dance, making sure everyone is doing it correctly and in time.

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	i can understand and name what physical strength creates when dancing. (speed and force, making movements more powerful).	i can move from one action to another smoothly.	I have a good nutritional knowledge to ensure I regularly make positive food and drink choices.	I can progress a task for my group when prompted.
	i can say how many times you'd normally have to go over a routine for your mind to then remember it.			i can support your group when using retrograde within a dance, making sure everyone is doing it correctly.
5	i can understand to why having a positive mind will help you achieve many things.	I can perform a range of advanced movements with some control. I can change level, speed and direction, whilst performing a range of actions with the correct technique and control.	I understand when my body is working at its maximum and when I need to take a rest.	I am able to give simple instructions to others in a large sized group (15+).
	I am able to identify others strengths and weaknesses, using this to give myself / my group an advantage.	I can successfully perform gestures using my flexibility whilst using the correct technique	I understand a variety of complex emotions and how to control them.	I proactively give detailed do wells and do differently's to peers based on their performance.
	I proactively use self reflection through do wells and do differently's to gain an advantage and more knowledge on how to perform at a higher standard.	I can successfully perform a short motif using the correct timing.	I can explain what a good weekly exercise regime looks like and how this will benefit my health.	I can seek guidance from different people and decide with confidence what actions to take.
	i can understand on what you could do if you forget the next part of the routine instead of stopping. (perlong that last movement until you move onto the next part).	I can use and perform a short motif using different choreographic devices.	I am able to provide rationale solutions to other peoples problems	I can progress and regress a task for my group when prompted
	i can name different floor balances to your group, which they'd then perform.	i can move freely to different songs and be able to adapt in how they move when the song changes.	I understand nutritional values on the back of a packet/product	.
6	i can explain in detail what skills myself and or my team need to succeed during a challenge and a routine.	I can perform a range of advanced movements with control. I can change level, speed and direction whilst performing a range of advanced actions with the correct technique and control.	I understand how to control my heart rate and physical output to work efficiently during tasks and activities.	I am able to lead my team through different challenges and succeed
	I can proactively use self reflection in real time to immediately gain a better technique.	I can successfully perform a variety of balances using my flexibility and core strength using the correct technique	I am aware of potential health related problems and I communicate effectively with others to provide rationale solutions.	I have the knowledge to group children together based on ability and performance in order to get fair groups.
	I am able to identify other groups strengths and weaknesses to give myself / group an advantage on what to improve.	I can successfully perform a short motif using different choreographic devices and using my strength to project each movement	I can create a basic exercise programmes for myself and others.	I demonstrate great confidence when performing whilst consistently encouraging all others to do the same.
	i can understand to what happens when we don't have the proper alignment. (strains on muscles and joints).	i can sit and stand with a good posture when asked, this will not be shown by an adult.	I understand the meaning of a balanced diet.	I can progress and regress a task for my group when I feel it is needed.
	i can tell the importance of having physical strength in any activity including dance.	i can create and perform a routine within a group that shows and includes extension throughout the body.	I can demonstrate that I use my knowledge to make regular positive lifestyle choices.	i can spot when someone is struggling and then help and guide them so they can achieve what they're trying to do.
7	I can critically analyse and prioritise do differently's for myself and my group to enhance performance over a short period.	I can perform a wider range of advanced movements with some control. I can change level, speed and direction whilst performing a range of advanced actions and gestures with control.	I show a desire to have a healthy lifestyle by demonstrating that I can cook my own nutritional meals	I inspire those around me to demonstrate SET with confidence.
	I can explain why using travelling, strong movements and fluidity in the routine will make a better performance.	I can successfully perform a short routine which includes balances using my flexibility using the correct technique.	I can demonstrate that I use my knowledge to encourage others to make positive lifestyle choices.	I demonstrate the knowledge of how to progress my movements and performances through practice over a short period.
	i can identify each of the choreographic devices and the one	I can successfully perform a routine with my group using different choreographic devices and strong movements to project each move.	I can create an enhanced exercise programmes for myself.	I show great resilience in my desire to reach a goal.
	I can create a basic exercise programmes for myself and others, that also includes breathing exercises that can help calm myself and others calm and relax.	i can use facial expressions in a battle environment. best group to perform the routine and uses the most facial expressions wins.	I can demonstrate that I lead my own positive lifestyle choices by communicating effectively with my parents/carers.	I can recognise appropriate times to step in and coach/offer guidance in challenges for peers development.
8	I can critically analyse and prioritise do differently's for myself and my team to enhance performance over a longer period.	I can perform a wider range of advanced skills with control. I can change level, speed and direction in a competitive environment whilst performing a wider range of advanced actions with some control and the right technique.	I inspire those around me to be healthy by championing a healthy lifestyle with good knowledge and confidence	Understanding and showing what a growth mindset is and pushing others to have the same knowledge and attitude around this.
			Using my knowledge, I am confident in empowering others to make the correct health related decisions through effective questions.	I confidently step in and coach/offer guidance in activities for peers development.
				I anticipate the potential for people falling behind and am prepared to give them the guidance they need.
				Using SET, I am confident in empowering others through effective questions.