



'I can' statements.

Unit Area	EYFS: Explore Tricky 1 Skills Year 1: Consolidate Tricky 1 Skills	Year 2: Consolidate Tricky 2 Skills	Year 3: Trickier 1 Skills	Year 4: Consolidate Trickier 2 Skills	Years 5 and 6: Consolidate Trickiest 1 Skills	Year 6: Exceeding Consolidate Trickiest 2 Skills	Fundamental Movement Skills Links
<b>Shapes</b>	<ul style="list-style-type: none"> <li>● Create multiple standing and floor shapes:               <ul style="list-style-type: none"> <li>- Balanced on both feet.</li> <li>- With limbs in different planes.</li> <li>- With 3 points of contact.</li> <li>- Facing down.</li> </ul> </li> <li>● Travel between shapes including jumping.</li> </ul>	<ul style="list-style-type: none"> <li>● Create multiple standing and floor shapes:               <ul style="list-style-type: none"> <li>- With torso beginning to rotate.</li> <li>- With 3 points of contact with the floor.</li> <li>- Facing down.</li> </ul> </li> <li>● Travel between shapes including jumping with rotation.</li> </ul>	<ul style="list-style-type: none"> <li>● Create multiple standing and floor shapes:               <ul style="list-style-type: none"> <li>- With torso rotated.</li> <li>- With 3 points of contact with the floor.</li> </ul> </li> <li>● Travel between shapes including stepping into jumping.</li> <li>● Rotate in jumps.</li> </ul>	<ul style="list-style-type: none"> <li>● Create multiple standing and floor shapes:               <ul style="list-style-type: none"> <li>- With torso rotated and bent</li> <li>- balanced on 1 foot</li> <li>- With arms at different planes.</li> <li>- With 2 points of contact with the floor.</li> </ul> </li> <li>● Travel between shapes including rotation.               <ul style="list-style-type: none"> <li>- On the floor and in the air.</li> <li>- In different directions.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create multiple standing and floor shapes:               <ul style="list-style-type: none"> <li>- balanced on 1 foot with other foot higher than 45°.</li> <li>- With 2 points of contact using hands, arms and shoulders for support.</li> </ul> </li> <li>● Travel between shapes including rotation.               <ul style="list-style-type: none"> <li>- On the floor (spirals and turns) and in the air.</li> <li>- In different directions.</li> <li>- At different speeds.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create multiple standing and floor shapes:               <ul style="list-style-type: none"> <li>- balanced on the ball of each foot higher than 45°.</li> <li>- With torso forward.</li> <li>- With arms short.</li> <li>- With 2 points of contact supported on hands, arms and/or shoulders.</li> </ul> </li> <li>● Travel between shapes including jumps with backwards rotation (barrel roll jump).</li> </ul>	<p><b>SHAPES</b></p> <p>Static Balance: <b>One Leg.</b> Static Balance: <b>Seated.</b> Static Balance: <b>Floor Work.</b> Static Balance: <b>Stance.</b></p>
<b>Circles</b>	<ul style="list-style-type: none"> <li>● Create movements led by large horizontal single arm circles and semi-circles leading into:               <ul style="list-style-type: none"> <li>- Stepping.</li> <li>- Turning.</li> </ul> </li> <li>● Jump from a static position, arms up and down.</li> </ul>	<ul style="list-style-type: none"> <li>● Create movements led by large vertical single arm circles and semi-circles leading into:               <ul style="list-style-type: none"> <li>- Stepping.</li> <li>- Body movements.</li> <li>- Turning.</li> <li>- Jumps with 180° and 360° rotations.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create exact and repeatable movements led by both single arm and leg circles and semi-circles leading into:               <ul style="list-style-type: none"> <li>- Body dropping and turning.</li> <li>- Turning with body tilted.</li> <li>- Jumps with 180° and 360° forward and backward rotations (starfish and barrel roll jumps).</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create sequences of movements led by combined arm, shoulder, leg and foot circles and/or semi-circles leading into:               <ul style="list-style-type: none"> <li>- Turning.</li> <li>- Jumps with good height, speed and various body shapes in the air.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create complex movements led by a combination of circles made with different body parts and different planes leading into:               <ul style="list-style-type: none"> <li>- Stepping, body movements and turns.</li> <li>- Jumps with 1-foot take off and landing, other leg extended.</li> <li>- Jumps with 180° rotation and change of direction in the air (landing facing backwards).</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create complex movement led by circles of all sizes and in different planes, performed simultaneously by different body parts leading into:               <ul style="list-style-type: none"> <li>- Stepping, body action and turning.</li> <li>- Jumping with 360° rotation.</li> <li>- Jumping with 1 foot take off and landing.</li> <li>- Jumping with change of leg position in the air.</li> </ul> </li> </ul>	<p><b>CIRCLES</b></p> <p>Dynamic Balance: <b>Jumping and Landing.</b> Coordination: <b>Footwork.</b></p>
<b>Partnering (Shapes)</b>	<ul style="list-style-type: none"> <li>● Create standing and floor shapes in contrast to my partner's:               <ul style="list-style-type: none"> <li>- With our body parts crossing over.</li> </ul> </li> <li>● Travel between shapes in unison.</li> </ul>	<ul style="list-style-type: none"> <li>● Create standing and floor shapes:               <ul style="list-style-type: none"> <li>- Opposite and entwined with my partner.</li> <li>- In close contact without touching.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create standing and floor shapes:               <ul style="list-style-type: none"> <li>- Opposite and entwined with my partner.</li> <li>- As close as possible without touching.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create standing and floor shapes:               <ul style="list-style-type: none"> <li>- At different levels.</li> <li>- Without contact.</li> <li>- With 1 hand contact.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create standing and floor shapes in close contact:               <ul style="list-style-type: none"> <li>- Both balancing on 1 foot.</li> <li>- Cross-bodied with 2 points of contact with the floor.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create standing and floor shapes: in close contact:               <ul style="list-style-type: none"> <li>- With contact.</li> <li>- Balanced on the ball of 1 foot, arms short.</li> <li>- With 2 points of contact using hands,</li> </ul> </li> </ul>	<p><b>PARTNERING</b></p> <p>Counterbalance with a partner. Dynamic Balance: <b>Jumping and Landing.</b></p>

		<ul style="list-style-type: none"> <li>● Incorporating jumping when travelling between shapes <ul style="list-style-type: none"> <li>- in canon.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Facing up, down and sideways.</li> <li>- Jumping with rotation when moving between shapes.</li> <li>- in canon.</li> </ul>	<ul style="list-style-type: none"> <li>● Jump with backward rotation when moving between shapes.</li> </ul>	<ul style="list-style-type: none"> <li>● Travel with my partner: <ul style="list-style-type: none"> <li>- incorporating spirals, rotation on the floor, jumping and cross-bodied finishing positions.</li> </ul> </li> </ul>	<p>arms, and/or shoulders for support.</p> <ul style="list-style-type: none"> <li>● Travel together with my partner: <ul style="list-style-type: none"> <li>- Using spirals, rotation on the floor, and in the air.</li> <li>- In different directions and at different speeds.</li> </ul> </li> </ul>	<p>Coordination: <b>Footwork.</b></p>
<b>Partnering (Circles)</b>	<ul style="list-style-type: none"> <li>● Turn forwards and backwards through horizontal large arm circles: <ul style="list-style-type: none"> <li>- and finish away.</li> <li>- In unison.</li> <li>- In canon.</li> </ul> </li> <li>● Create, in unison, jumps with rotation from a static position.</li> </ul>	<ul style="list-style-type: none"> <li>● Create movement and turn forwards and backwards through horizontal and vertical large arm circle and semi-circle: <ul style="list-style-type: none"> <li>- In unison.</li> <li>- Finishing in partner shapes.</li> </ul> </li> <li>● Create jumps from foot circles: <ul style="list-style-type: none"> <li>- jumping in unison.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create movement led by horizontal and vertical single arm circles and semi-circles: <ul style="list-style-type: none"> <li>- Followed with steps.</li> <li>- Followed with body action.</li> <li>- In unison.</li> <li>- In canon.</li> <li>- Mirroring my partner.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create sequences of movement led by large horizontal and vertical single arm and leg circles and semicircles: <ul style="list-style-type: none"> <li>- With turns led by arm, foot and knee.</li> <li>- In unison.</li> <li>- At different speeds/directions.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create sequences of movement led by combinations of circles made with different body parts and in different planes: <ul style="list-style-type: none"> <li>- Leading into and out of turning.</li> <li>- In unison.</li> <li>- While mirroring.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create sequences of movement led by combinations of circles made with different body parts and in different planes: <ul style="list-style-type: none"> <li>- Leading into and out of turning followed by jumping.</li> <li>- In unison.</li> </ul> </li> </ul>	
<b>Partnering (Lifts)</b>	<ul style="list-style-type: none"> <li>● Create partner balances: <ul style="list-style-type: none"> <li>- With hand on shoulder contact.</li> </ul> </li> <li>● Create and support jumps: <ul style="list-style-type: none"> <li>- With hand to elbow contact.</li> <li>- With hands on waist and shoulders in contact.</li> <li>- Facing my partner.</li> <li>- With 2-feet take-off and landing.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create partner balances leaning away from each other with hand-to-hand contact.</li> <li>● Create and support jumps with hand to elbow contact: <ul style="list-style-type: none"> <li>- Facing each other.</li> <li>- Using a 2-foot take-off and landing, with a 180° rotation.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create partner balances with one standing and the other on the floor.</li> <li>● Create and support jumps palm to palm/palm to lower back with a 180° turn in the air and 1 foot take-off and landing.</li> </ul>	<ul style="list-style-type: none"> <li>● Create and support jumps palm to palm/palm to lower back: <ul style="list-style-type: none"> <li>- With 360° rotation in the air.</li> <li>- With 1 foot take-off and landing.</li> <li>- Holding star shape in the air.</li> <li>- Finishing by leaning against my partner.</li> <li>- In canon.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create sequences of movement, turning and jumping: <ul style="list-style-type: none"> <li>- Leading into and out of partner supports.</li> <li>- Leading towards and away from my partner.</li> <li>- In unison.</li> <li>- In canon.</li> <li>- Independently from my partner.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create higher lifts and supported jumps, including jumping towards my partner.</li> <li>● Create sequences of movement that lead into and out of higher lifts.</li> </ul>	
<b>Artistry (Abstraction)</b>	<ul style="list-style-type: none"> <li>● Create 2 ways of moving linked to the Silk: <ul style="list-style-type: none"> <li>- Using both hands at the same time.</li> <li>- Connected to standing shapes.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create 2 ways of moving linked to the Silk: <ul style="list-style-type: none"> <li>- Using 3 or 4 limbs and pausing throughout my movement.</li> <li>- fluently and without stopping.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create multiple ways of moving linked to the Silk: <ul style="list-style-type: none"> <li>- pausing my movement to create shapes.</li> <li>- using those shapes as my starting and finishing positions.</li> <li>- including jumps with rotation.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create multiple ways of moving linked to the Silk: <ul style="list-style-type: none"> <li>- where silk moves lead me into stepping, jumping, floor moves and floor shapes.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create multiple ways of moving linked to the Silk: <ul style="list-style-type: none"> <li>- where silk moves lead me into jumping, a turn and a jump, floor and floor shapes.</li> <li>- fluently without stopping.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create multiple ways of moving linked to the Silk: <ul style="list-style-type: none"> <li>- where silk moves lead me into jumping, floor and floor shapes.</li> <li>- fluently without stopping.</li> </ul> </li> <li>● Perform continuously from start to finish and in reverse.</li> </ul>	<p><b>ARTISTRY</b></p> <p>Static Balance: <b>One Leg.</b>  Dynamic Balance: <b>Jumping and Landing.</b>  Coordination: <b>Footwork.</b></p>
<b>Artistry (Musicality)</b>	<ul style="list-style-type: none"> <li>● Create shapes and movements to express how the music makes me feel: <ul style="list-style-type: none"> <li>- Following 1 instrument.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create shapes and silk movements to: <ul style="list-style-type: none"> <li>- Express the music.</li> <li>- Change my moves so they match different music.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create shapes, circle and silk movements to: <ul style="list-style-type: none"> <li>- At different speeds to follow the music without stopping.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create a combination of shapes, circle and silk moves: <ul style="list-style-type: none"> <li>- Matching the energy of the music.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create a combination of shapes, circle and silk moves: <ul style="list-style-type: none"> <li>- Both matching and in contrast to the melody or the main song line.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Create combination of shapes, circle and silk moves: <ul style="list-style-type: none"> <li>- In response to the melody, the beats and</li> </ul> </li> </ul>	

	<ul style="list-style-type: none"> <li>- Following a story with movement.</li> </ul>		<ul style="list-style-type: none"> <li>- Making them specific to stress what the music is doing.</li> </ul>	<ul style="list-style-type: none"> <li>- In time to the beat and rhythm.</li> <li>- Matching 1 instrument playing off the main beat.</li> </ul>	<ul style="list-style-type: none"> <li>- Responding to musical phrases.</li> </ul>	<p>the character of the music.</p> <ul style="list-style-type: none"> <li>- To various musical pieces, adapting to what I hear.</li> </ul>	
<b>Artistry (Making)</b>	<ul style="list-style-type: none"> <li>• Create a sequence of 4 moves with some being different to my partner's.</li> </ul>	<ul style="list-style-type: none"> <li>• Create a sequence of 5 static and dynamic moves: <ul style="list-style-type: none"> <li>- In contrast to my partner's.</li> <li>- Using different partner shapes.</li> <li>- At different levels.</li> <li>- With different timings.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Create a sequence of a minimum of 5 moves: <ul style="list-style-type: none"> <li>- Similar then and in contrast with my partner's.</li> <li>- With various starting and finishing positions.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Create a sequence of a minimum of 5 moves: <ul style="list-style-type: none"> <li>- With limbs in different planes and directions.</li> </ul> </li> <li>• Perform both in my and my partner's place.</li> </ul>	<ul style="list-style-type: none"> <li>• Create a sequence of a minimum of 6 various moves: <ul style="list-style-type: none"> <li>- With movements made both with arms and legs.</li> <li>- In unison followed by moves in contrast and performed independently of my partner.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Create a sequence of a minimum of 6 various moves: <ul style="list-style-type: none"> <li>- With various travelling distances and movement pathways.</li> <li>- In unison.</li> <li>- Independently of my partner.</li> <li>- In unison, and in contrast to my partner's, mixed throughout my dance.</li> </ul> </li> </ul>	