



Key Stage 3 Dance



Topics	Grade E	Grade D	Grade C	Grade B	Grade A
Composition	I can select and use a range of actions, dynamics, space and relationships to show a theme/stimulus.	I can use basic principles of choreography, including creating, repeating and developing motifs to make a dance more interesting.	I can select and combine choreographic skills, techniques and devices, using them in a suitable way to show a theme/stimulus/style.	I can improvise and create movement around a range of different stimuli	I can constantly improvise and create original movement using a range of different stimuli.
Composition	I can create a motif using a range of actions, dynamics, space and relationships.	I can use choreographic devices with ease without being prompted.	I can create original dances showing understanding of the choreographic process.	I can adapt and combine advance skills, techniques and ideas accurately, according to the demands of the activity	I can constantly adapt and combine advance skills, techniques and ideas accurately, according to the demands of the activity.
Performance	I can perform with control, fluency and clarity.	I can perform with focus, expression, fluency and clarity.	I can rehearse and present work of different styles to a high standard using a good range of performance skills.	I can lead the planning, organising, creating and presentation of a dance piece effectively.	I constantly lead effective rehearsals and can improve my own and others performance skills.
Performance	I can perform with good timing and spatial awareness.	I can perform with appropriate style and technique.	I can perform with dynamics quality, good technique, and clear communication of the theme/stimulus.	I can perform with confidence, high technical ability, and sophisticated communication with artistic intent	I constantly perform at a professional level, with confidence, excellent technical ability, and sophisticated communication with artistic intent.
Appreciation	I can describe how actions, space, dynamics and relationships are used to show a stimulus.	I can comment on skills and techniques in my own and others work, suggesting ways to improve dances.	I can interpret and evaluate dances with an understanding of style, context and meaning.	I can critically analyse and evaluate dances with reference to skills, technique and artistic intention.	I always critically analyse and evaluate dances with reference to skills, technique and artistic intention.
Appreciation	I can identify strengths and weaknesses in my own and others work and suggest ways to improve in these areas.	I can explain how the body reacts during different types of exercise e.g. warm up and cool down.	I can apply knowledge and technique to improve my dances.	I can explain the benefits of regular activity on health and fitness and can plan and prepare my own appropriate exercises	I can recognise and explain the benefits of regular activity on health and fitness, demonstrating appropriate exercises, with a strong awareness of anatomy and physiology.

