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Four Cs  
Curriculum

Arts and Creativity Curriculum

Section 1: Head

Section 2: Heart

Section 3: Hands



**Knowledge**

**Skills**

**Skills breakdown**

Arts and Creativity Curriculum			Section 1:			Dance		
Area of Curriculum	Nursery	Series 1	Series 1	Series 2	Series 3	Series 4	Series 5	Series 6
<b>Description and interpretation</b>	Describe skills performed by yourself and/ or others.	Describe skills performed by yourself and/ or others.	Describe dances that you create and/or watch.	Describe and interpret dances that you create and/or watch.	Describe and interpret dances (including your own) using expressive language.	Describe and interpret dances (including your own), using expressive language, beginning to use dance terminology.	Describe and interpret dances (including your own) using expressive language and dance terminology.	Describe and interpret dances (including your own) using expressive language, including a range of appropriate dance terminology.
<b>Critical appreciation</b>	Watch others perform in dance lessons.	Watch others perform in dance lessons.	Recognise a good dance performance.	Recognise a good performance and use information to make suggestions.	Make suggestions on your own performance and compare to others.	Compare your performance with previous performances (or rehearsals).	Compare your performance with previous performances (or rehearsals) and demonstrate improvement.	Compare your performances (or rehearsals) with previous ones and demonstrate improvement to achieve your personal best.
<b>Knowledge</b>	Learn and understand age appropriate knowledge for dance.	Learn and understand age appropriate knowledge for dance.	Learn and understand age appropriate knowledge for dance.	Learn and understand age appropriate knowledge for dance.	Learn and understand age appropriate knowledge for dance.	Learn and understand age appropriate knowledge for dance.	Learn and understand age appropriate knowledge for dance.	Learn and understand age appropriate knowledge for dance.

Arts and Creativity Curriculum			Section 2:			Dance		
Area of Curriculum	Nursery	Series 1	Series 1	Series 2	Series 3	Series 4	Series 5	Series 6
<b>Participation and safety</b>	Participate and enjoy taking part in dance activities.	Participate and enjoy taking part in dance activities.	Understand how to work safely in the dance space.	Understand how to work safely in the dance space, including participating in a warm up.	Participate in warm ups and cool downs and begin to understand why they are important.	Engage in warm ups and cool downs and understand that they prevent injury.	Understand how and why it is important to warm up and cool down.	Understand how and why it is important to warm up and cool down and select appropriate routines to prepare for dance.
<b>Choreography of emotion/character</b>	Create dance actions to express feelings.	Create dance actions to express feelings.	Create dance phrases to communicate moods and feelings.	Create dance phrases to express and communicate ideas, moods and feelings.	Select phrases to create motifs to express and communicate ideas, moods and feelings.	Create dance motifs to express and communicate ideas, moods and feelings.	Select and refine movements using simple compositional tools to create dances.	Explore dance ideas through improvisation, selecting and refining movements using simple compositional tools to create dances.
<b>Leadership</b>	Demonstrate a dance skill to a group.	Demonstrate a dance skill to a group.	Lead a group when developing skills.	Lead/ support a group when developing skills.	Lead/ support/ organise a group when teaching skills or set choreography.	Lead/ support/ organise a group when teaching a group when teaching skills, set choreography or choreographing.	Be part of the modelled sessions for the whole class (with a teacher or peer).	Lead a warm up or dance rehearsal within the class.

Arts and Creativity Curriculum			Section 3:			Dance		
Area of Curriculum	Nursery	Series 1	Series 1	Series 2	Series 3	Series 4	Series 5	Series 6
<b>Fundamental Skills</b>	Learn fundamental dance skills.	Learn fundamental dance skills.	Develop fundamental dance skills.	Become competent and confident with fundamental dance skills.	Apply fundamental dance skills in set choreography.	Apply and refine fundamental dance skills in set choreography.	Demonstrate skills when choreographing.	Execute appropriate skills included when choreographing.
<b>Performance</b>	Perform actions and phrases to an audience.	Perform actions and phrases to an audience.	Perform actions and phrases demonstrating coordination, rhythm and varying speed, size and direction.	Perform actions and dance phrases and be able to show a contrast in facial expression, speed, rhythm, tension, shape, size, direction and level.	Perform dances showing a clear link to a theme or topic and expressing the ideas through a range of pathways, transitions and formations.	Perform dances showing a clear link to a theme or topic and expressing the ideas through relationships, musicality and focus.	Perform dances based around a core motif, relating to a stimulus or common theme using a range of dynamics and demonstrating control.	Execute dances that are created around a core motif (relating to a stimulus or common theme) and demonstrate complementary and contrasting actions.
<b>Collaboration</b>	Imitate movement in response to music.	Imitate movement in response to music.	Copy, repeat and explore actions and movement patterns from each other and/ or as demonstrated by the teacher.	Copy, remember and explore actions with control and coordination and be able to repeat.	Explore and develop actions with others with guidance or support.	Work independently and/ or with others, with guidance or support.	Work for extended periods of time both independently and with others, with guidance or support.	Work for extended periods of time both independently and with others, with limited guidance and support.