



# FOUNDATION SUBJECT CURRICULUM SUMMARY AND OVERVIEW

## PE

### Whole School Summary

	Autumn	Spring	Summer 1
EY	At the Circus	Emotions	Superheroes
Y1	At the Circus	Emotions	Superheroes
Y2	At the Circus	Emotions	Superheroes
Y3	Musical Theatre	Vikings	Dance Around the World
Y4	Musical Theatre	Vikings	Dance Around the World
Y5	Dancing Through Decades	Books and Films	Street Dance
Y6	Dancing Through Decades	Books and Films	Street Dance

#### **Rationale behind the choices**

The table above outlines the dance units taught across the academic year, showing a clear progression from EYFS through to Year 6. Dance is taught termly to ensure pupils revisit and build upon key skills regularly, while exploring a wide range of styles, themes and creative approaches.

#### **Progression and Structure**

The curriculum is structured so that themes are repeated across year groups in pairs (EY/KS1, lower KS2, upper KS2). This ensures:

- Consistent progression of skills
- Age-appropriate challenge
- Opportunities for pupils to revisit key concepts at a deeper level

As pupils move through the school, the focus shifts from exploration and expression to performance, technique and choreography.

#### **Early Years and Key Stage 1**

At the Circus, Emotions, and Superheroes are selected to:

- Encourage imaginative movement and exploration
- Develop coordination, balance and control
- Help pupils express feelings and ideas through movement
- Build confidence in performing for others

These themes link closely to early language development and storytelling, supporting cross-curricular learning and engagement.

#### **Lower Key Stage 2 (Years 3 and 4)**

- Musical Theatre, Vikings, and Dance Around the World introduce:
- Structured sequences and simple choreography
- Awareness of rhythm, timing and expressive movement
- Cultural and historical contexts to deepen understanding
- Opportunities to develop teamwork and performance skills

These themes allow pupils to combine movement with narrative, music and character, strengthening both creative and technical skills.

#### **Upper Key Stage 2 (Years 5 and 6)**

Dancing Through Decades, Books and Films, and Street Dance are chosen to:

- Develop more advanced technique and style

- Introduce choreographic devices and formation changes
- Encourage personal expression and creative choice
- Build confidence, stamina and performance quality

Street Dance, in particular, engages pupils in contemporary movement styles, increasing motivation and inclusivity, while links to books, films and historical decades build cultural awareness and interpretation.

### **Rationale Behind the Dance Curriculum**

The dance curriculum has been carefully designed to:

- Provide a broad and balanced range of styles and experiences
- Support progressive development of physical, creative and performance skills
- Encourage self-expression, confidence and emotional awareness
- Promote collaboration, respect and appreciation of different cultures

By revisiting and deepening learning across the years, pupils secure key skills and vocabulary while developing an enjoyment of dance that supports lifelong physical activity and wellbeing.