



Physical Education Assessment

Dance - Year 5

Name of Pupil:	Class:
Teacher:	Date of Assessment:
Pupil is able to:	Yes/No
* plan and perform dances confidently;	
* use their understanding of composition to create dance phrases for themselves and others in their group;	
* use their knowledge of dance to adapt their skills to meet the demands of a range of dance styles;	
* show expression in their dances and sensitivity to music;	
* organise their own warm-up and cool-down exercises;	
* show that they understand why warming up is important for a good performance;	
* identify the form and structure of a dance;	
* make imaginative suggestions on how to improve their own and other people's work.	
Self-assessment [e.g. own strengths & suggestions for improvement]:	
Next Steps in Learning:	