

	 HEAD (CREATIVE/THINKING) <i>Decision making, analysis and improvement, creativity</i>	 HEART (SOCIAL/FEELING) <i>Showing positive behaviour, health and fitness</i>	 HANDS (PHYSICAL/DOING) <i>Leadership, technique and skills development</i>
Bronze	<ul style="list-style-type: none"> - Create simple dances that attempt to focus on the style of the dance - Take part in discussions about the structure of the dance or final performance - Use simple words to talk about their own and other people's work 	<ul style="list-style-type: none"> - Take part in group dances - Show some understanding of how to exercise safely in dance - With help, choose exercises to warm-up and cool down - With help, make suggestions/changes to improve performances 	<ul style="list-style-type: none"> - Perform simple dances that attempt to focus on the style of the dance - Take part in group dances
Silver	<ul style="list-style-type: none"> - Compose motifs and plan dances creatively - Adapt and refine dances using choreographic devices - Recognise and comment on dances, showing an understanding of style - Suggest ways to improve their own and other people's work 	<ul style="list-style-type: none"> - Work on their own, in a partner and in a group - Show an understanding of safe exercising - Organise their own warm-up and cool-down exercises - Suggest ways to improve performances 	<ul style="list-style-type: none"> - Perform different styles of dance clearly and fluently
Gold	<ul style="list-style-type: none"> - Use their understanding of composition to create dance phrases - Use their knowledge to adapt their skills in order to perform different dance styles - Identify the form and structure of a dance - Make imaginative suggestions on how to improve their own and other peoples work 	<ul style="list-style-type: none"> - Organise their own warm-up and cool-down exercises - Show that they understand why warming up is important for a good performance - Make confident changes to improve performances. 	<ul style="list-style-type: none"> - Perform dances confidently - Show expression in their dances and sensitivity to music.

Assessment guideline criteria Linked to QCA Expectations 2000