

DANCE

WHAT WILL BE COVERED DURING THE COURSE?

- learning and performing a range of dance styles eg; street dance, contemporary, musical theatre
- developing fitness and performance skills e.g. stamina, posture, control, flexibility, focus
- gain the *Bronze Arts Award* (a national qualification which recognises how young people develop as dance leaders and artists)
- the study of professional dance works e.g. *West Side Story*, *A Linha Curva*,
- creating dances individually and in groups
- developing composition techniques e.g. dance relationships such as unison, canon and contact work
- watching and evaluating dances
- health and safety for dance, leading your own warm up
- creating a group dance for the annual dance production: Spring Loaded
- theatre trip

WHAT SKILLS WILL BE DEVELOPED OVER THE YEAR?

- improved fitness and well being
- team building
- creative skills
- appreciation skills
- evaluating skills
- interpretive skills
- leadership/directing
- organisational skills
- rehearsal skills
- communication skills



WHERE WILL THIS COURSE LEAD ME?

- an advantage if you wish to do GCSE dance
- lower school leadership (lunch-time clubs)
- Silver Arts Award

