

# 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.
- Workshops with external companies such as Motionhouse.

## WHAT SKILLS WILL BE DEVELOPED OVER THE YEAR?

- Improved fitness and wellbeing.
- 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.

