



METHOD STATEMENT

To provide dance training for children and Adults

Dance

To provide dance classes, with each level aimed appropriately at those students taking part

Beginners age 2 ½ years +

Very basic moves to moderately slow tempo music.

Junior age 6-9 years

Slight increase in difficulty, dance moves still kept fairly basic, slightly more variation in tempo and style.

Senior age 9-16 years

Increase in difficulty, greater degree of variety in movement and style. More variation in music tempo and style.

Adults –

Movements are suitable for the physicality of those involved, alternatives are offered.

The ages given are a guide only, children on occasion will be more suited to different levels depending on previous experience.

All classes consist of a warm up section, appropriate to the specific dance genre, followed by the main body of the class and then a cool down to finish.

Singing

To provide a singing section aimed appropriately at the ability level of the children participating.

For all ages, a vocal warm up including exercises to warm up the face muscles and vocal chords. Followed by various songs.

Drama

To provide a drama section aimed appropriately at those in attendance. Warm up exercises to start, followed by various drama and movement games and improvisations aimed at the age of the workshop members.

As a whole to be able to provide regular reviews for parents to show pieces on which the children have been working. To enter the children for exams at a time when they are ready.