

# Dance at Weston Secondary School

## **Why do you learn Dance at WSS?**

Having the opportunity to learn movement material and work with others to choreograph movement is an essential part of a rich and rounded education. Dance improves self-esteem and confidence; it can widen aspiration by enhancing creativity, self-expression, and emotional intelligence. Dance also provides a form of physical exercise, promoting overall health and well-being by developing physical skills such as posture, alignment, balance, coordination, control, flexibility, strength, stamina and extension.

By the end of year 7 we aim for all WSS students to be enthusiastic participators who can express dance ideas creatively and originally. They are confident choreographers who can perform in a variety of dance styles with an audience awareness; their listening and appraising skills are excellent.

## **What to expect in Dance lessons at WSS**

You will learn a variety of dance styles from around the world in year 7 including (but not limited to) Contemporary, Bollywood, Bhangra, Capoeira, Flamenco, Line, African, Street and Lindy Hop. As well as developing your performance and technical skills in a safe and friendly environment, year 7 students will also learn to choreograph their own dances using different stimuli.

## **What is taught in year 7 Dance?**

Throughout year 7 student's study 6 topics that will develop their dance knowledge and skills in performance, choreography and appreciation. These are:

Introduction to Dance (The 6 basic actions)  
'The Nutcracker' by Matthew Bourne  
Passport (learning styles from around the world)  
Street Dance  
Secret Agents (James Bond)  
Lindy Hop

## **What do we offer outside the standard Dance curriculum?**

Students have the opportunity to participate in dance clubs outside of the classroom. We meet every break/lunch and regularly after school in preparation to perform in school shows, concerts and whole-school events. All clubs are free to join and open to all students.