

# Curriculum Model: DANCE



Dance is taught in 3 strands: performance, choreography and appreciation.

This provides a holistic study of dance enabling students to transfer these skills into other disciplines and become all-rounders should they wish to perform, choreograph or pursue academic study in the arts.

Exmouth Community College offers dance taught by the PE department in Year 7 & 9 after which, students have the opportunity to study dance at GCSE and A level.

*"Dancing isn't just great fun, it has many other benefits for young people. It's good for your cardiovascular health and improves your flexibility, strength and stamina. If you do it in a group or take a class, dance will teach you to co-operate with others and build trusting relationships. In the long term, you'll be able to take the discipline, creativity, confidence and memory skills that you gain through dance and transfer them to your studies and work"*

**Best way for young people to build confidence and resilience: Duke of Edinburgh Award**

## Skills

- It is expected that dance students will develop over time
- Students often learn best when learning from each other, therefore reciprocal tasks frequently form the basis of practical lessons.
- GCSE and A Level students regularly mix, sharing best practice, attending performances and workshops together and being in each others pieces
- Dance Academy offers students the chance to develop their skills beyond their lessons
- Interventions are run everyday after school for Year 11 and Year 13 to attend and get help with practical and theory work

## Respect and Kindness

- Practical work is often **collaborative**. Students share ideas and support each other to develop their work over time
- Students are expected to **commit** to being in each other's choreographies, attending rehearsals after school
- Work is shared in our **annual dance production** allowing students to **appreciate** each other's work across the key stages
- **Behaviour in dance is excellent** and students are able to thrive. However when necessary, Ready to Learn is supported throughout all dance lessons

## Stay safe and lead healthy lifestyles

- how dance can become a **lifelong form of exercise**
- **healthy diet and nutrition**
- **safe practice** in dance
- **enjoy** dancing in a range of styles

## Resilience

- Mental skills such as **confidence, responding to feedback, systematic repetition, regular rehearsal and capacity to improve** are integral within GCSE and A level dance in developing performance over time.
- Teaching is founded on high expectations of **participation, effort, application, attendance and collaboration with others**.

## Career education

- **Trips** to see professional dance companies when available
- In-house **workshops** with dance companies
- A Level trip to **higher education conservatoires** in London
- **Visits from past students** currently training or working as dancers
- Support with **applications to universities** and training courses
- Resident **dance artist** bridges the gap between educational and professional dance, working with students and offering enrichment opportunities
- Open classes for all at **Dance Academy**

## Developing student confidence through improving communication skills

- **Communication** is paramount in the successful development of performance and choreography work in class
- Students arrange and **run their own rehearsals**
- Choreographic work aims to **communicate ideas**, themes and issues through movement
- Students develop a **critical writing** style when **analysing** professional dance works

## Tolerance of different cultures, equality and diversity

- GCSE and A level students study a range of dance styles and professional works that originated from **different cultures and socio-economic environments** such as:
  - Shaolin monks
  - Buddhism
  - Indian Kathak dance
  - Brazilian Capoeira
  - Fusion of western styles with world dance
  - Inclusive dance work
  - A range of works with political and historical themes
  - Hip hop and street dance

## Knowledge

- GCSE and A Level dance students are given folders with fundamental resources and extended reading sources.
- Revision guides are supplied to all in GCSE Dance
- Learning is connected across practical and theory lessons, with practical work informing the theory and vice versa
- Students are frequently assessed in both practical and theory work
- Feedback and targets can vary between written tasks, verbal feedback, active responses, long term targets and immediate corrections