

## The Curriculum > Dance

### **Why** do we learn Dance?

Through the study of Dance, pupils learn to appreciate choreography and a range of dance works and how they translate in performance. They develop key physical skills, including strength, flexibility, coordination and balance and learning dance in a practical way provides an outlet for self-expression and creativity. This process of practical performance, including rehearsal and refinement, allows pupils to develop discipline and perseverance. Dance promotes teamwork and collaboration and instils a lifelong appreciation for the arts.

### **How** do we learn in Dance lessons?

Pupils learn through a combination of practical and theoretical teachings, exploring a range of different dance styles and different dance practitioners. Pupils engage with developing their understanding of specific movements, posture and alignment by watching examples of dance works and exploring these movements in their own practice. Through continuous feedback and refinement, pupils then work to improve their skills and performances, reflecting on their work at every stage and offering analytical and evaluative feedback to others.

### **What** do we learn in Dance lessons?

	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<b>Year 10</b>	Exploring the Performing Arts  Exploration of key dance practitioners and styles		Developing Skills and Techniques in the Performing Arts  Key Skills Development
<b>Year 11</b>	Developing Skills and Techniques in the Performing Arts  Key Skills Development	Responding to a Brief  Development of Key Skills in performance	