



# SKEGNESS ACADEMY

Welcome to Dance



## Meet the Team

**Head of Faculty:** Miss V Thompson

**Teachers:** Mrs J Wattam

**Non-Teaching Staff:** Mrs A Powely & Mrs M Lewis

## What will you learn in Y7?

Everyone comes into year 7 at different levels in dance and that is absolutely fine. We understand that at primary school you may have not done any form of dance and we understand that some may attend dance schools. So to ensure that you learn everything you need to, we explore key basic skills and techniques that is needed.

First we focus on the safety aspects of dance; correct kit, working safely with others, warming up, hydration etc.. Then we focus on key skills and techniques such as flexibility, strength, control, stability, posture, RADS and so on.. We develop these skills through various exercises which we repeat week by week to gain physical development and general knowledge of new terminology. You then will then learn a piece of repertoire (which means pre-existing work) to perform as your assessment, focusing on your application of skills, technique and how you perform the work. Along your practical journey you will create a scrapbook to document your own journey and the developments you have made through the use of pictures, annotations and research which you will then take to year 8.