**DANCE PROVISION AT STAMFORD ENDOWED SCHOOLS**

Stamford Endowed schools have a long-standing relationship with the Welland School of Dancing, a specialist ballet school located just down the road in Stamford. The Welland School of Dancing specialises in professional quality tuition in Ballet, Tap, Modern and Street Dance. Stamford Endowed School students have access to classes from Nursery through to Year 13. All classes are run by fully qualified dance teachers, industry experts in their field. Many students are introduced to the joys of dance through the classes offered within school time, with those wishing to continue their dance training at a serious level continuing their classes over at the Welland School of Dancing’s main studios in Stamford.

**Ballet**

Ballet is offered from Nursery through to Year 5. Ballet encourages self-discipline and self expression, developing listening skills, encouraging children to follow instruction, learning to work as an individual and in groups, developing  co-ordination, good posture, strength and suppleness. Ballet also provides a nurturing environment for the development of artistry and musical appreciation.

**Pre-School Ballet**

Pre-School ballet is suitable for 3-4 year olds. The classes are imagination-based, using fun stories, props, illustrations and classical music specially arranged for pre-school age children. The classes develop co-ordination, good posture, strength and suppleness, as well as skills such as spatial awareness, and musical appreciation.

**Reception Ballet**

The children will begin to learn the ballet basic positions such as 1st position, and steps such as skipping, jumping and galloping. The use of turnout is now introduced with plies. The importance of imagination based learning is maintained with imaginative movement sequences which are short five minute stories that the children help the teacher choreograph and work on each term. Props also play an integral part with use of pom poms scarves feathers and musical instruments. However a more structured and disciplined ballet class is starting to emerge, where children are expected to take instruction and class management is slightly more formal than previous classes.

**Year 1-2 Ballet**

In Year 1 and 2 ballet pupils are gradually introduced to more complex ballet steps and combinations such as walking with stretched feet and stretching the feet and legs with correct alignment and use of turnout. Students also begin to jump with the introduction of hops, jumps, springs and leaps which are expected to be rhythmical and performed with lightness and stretch through the legs and feet. The exercises become longer and more aerobicly demanding, and the floor patterns much more complex as children are expected to travel with co-ordination and a good understanding of transfer of weight.

**Year 3-5 Ballet**

Year 3-5 Ballet promotes “feeling before form” where the children are unafraid to try out new sensations of spinning, leaping and balancing. Musically inspired exercises motivate students to acquire a well rounded understanding of ballet and character and promote joy in movement, sense of dance and performance quality.

**Modern Theatre Dance and Street Dance**

**Modern theatre dance is offered in Year 1 and 2 and again in Year 5 and 6, with Year 3 and 4 students offered Street Dance.**

Modern Theatre and Street Dance encourage self-discipline, self expression, allowing children to develop their listening skills and also encourage children to follow instruction. In Modern dance classes children learn to work both as an individual and in a group, developing co-ordination, good posture, strength and suppleness, and also a chance to be free to express themselves to the music.

**Year 1 and 2 Modern Dance**

In modern the children do a fun, high energy warm up to funky pop music. Then they do floor work such as exercise for feet, curling and stretching and make a shape, which encourages the children to explore what shapes their bodies can make. The children do travelling steps such as running, step ball change, split runs and sideways gallops with a partner, encouraging them to use the studio space and to work with a partner. The children are also encouraged to respond to the music with different faces and expressions.

**Year 3 and 4 Street Dance**

Year 3 and 4 Street Dance is a fun informal street dance class set to all the latest pop music and is perfect for students who love to dance and is particularly accessible to boys who may otherwise be reluctant to give dance a try. The class starts with a high energy fun warm up, followed by travelling steps and jumps, and ending with a funky pop routine.

**Year 5 and 6 Modern Dance**

By this stage many pupils will have come up through previous classes, although new pupils and complete beginners are very welcome. Within Year 5 and 6 modern dance a higher range of muscle strength is required as the children are now older and incorporate the basic steps they have previously learnt into more complex formations such as Compound Steps and their Amalgamation.

**Tap Dancing**

**Tap Dancing is offered in Year 2 through to Year 6.**

Tap encourage self-discipline, self expression, allowing children to develop their listening skills and also encourage children to follow instruction. Tap helps children learn to work as both an individual and in a group, developing co-ordination, good posture, strength and suppleness, also a chance to be free with the entertaining music and the ability for the children to use their imaginations and facial expressions.

**Year 2 Tap**

 In Year 2 Tap children are introduced to how they can use rhythm within the music to tap their feet, also how to use different parts of the feet such as the ‘Ball and Heel beats’ exercise.

**Year 3-6 Tap**

Within Year 3 to 6 Tap children become confident enough to begin working on more complex steps and their ‘Amalgamation’ which can be performed one at a time allowing the children to incorporate simple steps which they have previously learnt into something they can perform. However beginners are welcome to join at this level and can be fast tracked through to learn the basics.

**Year 7-8 After School Dance Club**

Year 7 and 8 students can enjoy a 75 minute after school dance club. The dance club starts with a high intensity aerobic warm up, followed by technical dance exercises which teach the foundations of classical and modern dance technique. The students learn kick, turns and leap combinations each week, plus some routines alternating between lyrical and contemporary, street dance and commercial styles of dance. Finally the students begin to learn the basics of choreographic skills and are given the opportunity to choreograph their own pieces in small groups. Year 7 and 8 After School Dance club are involved in the SES Dance Showcase, a wonderful performance opportunity in the Spring term every year.

**Year 10 Dance**

Year 10 students are offered Dance as part of their sports options. Dance for Sport is a 75 minute class during school time. Year 10 dance starts with a high intensity aerobic warm up, followed by technical dance exercises which teach the foundations of classical and modern dance technique. The students learn kick, turns and leap combinations each week, plus some routines alternating between lyrical, contemporary, street dance and commercial styles of dance. The students continue to progress choreographic skills and are given the opportunity to choreograph their own pieces in small groups. Year 10 Dance students are involved in the SES Dance Showcase, a wonderful performance opportunity in the Spring term every year.

**Year 11 Dance**

Year 11 students are offered Dance as part of their sports options. Dance for Sport is a 75 minute class during school time. Year 11 dance starts with a high intensity aerobic warm up, followed by technical dance exercises which teach the foundations of classical and modern dance technique. The students learn kick, turns and leap combinations each week, plus some routines alternating between lyrical, contemporary, street dance and commercial styles of dance. The students continue to progress choreographic skills and are given the opportunity to choreograph their own pieces in small groups. Year 11 Dance students are involved in the SES Dance Showcase, a wonderful performance opportunity in the Spring term every year.

**Sixth Form Dance, Pilates and Stretch class**

Sixth Form students are offered Dance as part of their sports options. Dance for Sport is two 75 minute classes. Sixth form dance starts with a high intensity aerobic warm up, followed by technical dance exercises which teach the foundations of classical and modern dance technique. The students learn kick, turns and leap combinations each week, plus some routines alternating between lyrical, contemporary, street dance and commercial styles of dance. The students further develop choreographic skills and are given the opportunity to choreograph their own pieces in small groups. Sixth form Dance students are involved in the SES Dance Showcase, a wonderful performance opportunity in the Spring term every year. In the summer term sixth form students are offered Pilates and stretch classes in order to help relax, destress and promote positive wellbeing during their exam period.