



# WEST BUCKLAND SCHOOL

## DANCE PROGRAMME 2022-23



In addition to giving our children the science and math skills they need to compete in the new global context, we should also encourage the ability to think creatively that comes from a meaningful arts education.

The future belongs to young people with an education and the imagination to create.

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**BARACK OBAMA**

## STAFF

Louise Coates

*QTS, PGC (Business), IDTA Associate, BA (Hon's) Dance Performance*

Contact: [LC@westbuckland.com](mailto:LC@westbuckland.com)

## REGISTRATION

To register for any **Dance Academy** classes, please follow the link via My School Portal...

<https://portal.westbuckland.com/forms/67>

Parents should note that places are limited in order to keep a safe and enjoyable atmosphere in lessons. A waiting list system will operate for any oversubscribed classes.

Payment is made termly, in advance. For new students, a 1-week trial lesson is possible by arrangement with the Dance Teacher. To get the most out of dance classes, commitment and dedication is required. For that reason, no refunds will be issued.

Please contact Miss Coates directly if you have any questions about the registration process.





## DANCE LIFE

Dance at West Buckland is for everyone! We have a wide range of lessons on offer which are open to Pre-Prep, Prep and Senior School pupils from the age of 4 to 18. No matter your age, experience or gender we have opportunities available. The information in this prospectus will clarify any questions you may have about the programme.



## Dance is delivered in the following ways in this academic year:

<b>Academic Dance</b>  <i>Provided as part of the timetabled school day</i>	Learning to analyse professional works, perform set solo and group dances and choreograph.	The AQA GCSE Dance course is run as part of the MaD Monday enrichment programme.
	Exploring learning themes and topics through creative movement and music.	The Early Years children receive an hour of dance tuition every Tuesday.
<b>Dance Fitness</b>  <i>Provided as part of Games and as a boarder's activity</i>	Zumba inspired class which uses dance to increase strength, stamina, and coordination.	Students from Years 11-13 have the option to choose Dance as their choice of activity for their timetabled Senior Games on a Wednesday afternoon.
<b>Performance</b>  <i>Invitations and requests for expressions of interest are sent out by LC via Teams</i>	Elite dance students work together as WBS Dance Company to perform and create exceptional dance	WBS Dance Company meets weekly on Wednesday evenings
	Annual Evening of Dance, Charitable fundraising performances, and the school Musical	Performance opportunities are regularly offered both in our own theatre setting and in professional theatre venues in North Devon
	Watch and work with professional visiting artists and companies	Through regular workshops and the Arts@WBS programming (often in partnership with Beaford and the Arts Council's RTDI)
<b>ECA</b>  <i>Sign up through the usual ECA sign up process</i>	Pre-Prep Introduction to Ballet	This is a fun class which looks at the beginnings of classical ballet technique through exercises, props, dances and games.
	Prep Street Dance	A fun and lively class full of games, fitness and the latest moves to current music.
	Musical Theatre	Run by Mr Carter and Mrs Turner. Open to the Senior School on a Friday lunchtime.
	Yr 7/8 carousel	Each half term students get to choose a performing arts activity in which to take part.
<b>The Dance Academy</b>  <i>Classes provided at an extra cost.</i>  <i>Book termly through the My School Portal</i>	Ballet	Three levels of class available depending on Year Group and/or Grade. combination of free work, IDTA and RAD syllabus, and pointe work.
	Tap	Years 3-6 can attend and learn the IDTA Tap syllabus and dances for performance.
	Contemporary	A mixture of free work, Rambert Grades and the IDTA Modern Contemporary Jazz syllabus.
	Private Lessons	A limited number of private lessons are available. These are for students wishing to have specific 1-2-1 training and are at the discretion of the dance teacher.



## Different Genres



### Classical Ballet

Classical Ballet is based on a traditional system of formalised movements and positions of the arms, feet and body that are designed to enable the dancer to move with the greatest possible agility, control, speed, lightness and grace. Our ballet lessons at WBS follow both the IDTA and RAD examination syllabi.



### Contemporary Dance

Contemporary Dance is a style of expressive dance that combines elements of several dance genres and focuses on creative exploration of the body in space, fluidity and use of the floor. Our Contemporary lessons at WBS follow a combination of IDTA Modern Contemporary Jazz syllabus and Rambert Grades.



### Tap Dance

Tap Dance uses the feet to strike the floor, beating out different rhythms, with dancers wearing tap shoes which have small metal plates on the toe and heel to give a distinctive sound. Tap dance is a theatrical art form often seen on stage in musicals. Our Tap Lessons at WBS follow the IDTA syllabus.



### Street Dance

Street Dance is an umbrella term for a style of dance which reflects a large number of social dance styles (for example: breakdance, popping, locking, waacking). It includes some of the foundations and steps from these dance styles and creates fun, interactive dances, performed to Pop and Hip Hop music.



### Dance Fitness

Dance Fitness is a type of group exercise that incorporates some or many forms of dance. It's an aerobic workout, divided into different tracks that provide peaks and troughs of intensity. At WBS, these classes are fun and lively. They improve strength, stamina and coordination with a fun commercial routine to learn at the end.



### Musical Theatre

Musical Theatre is a form of theatrical performance that combines songs, spoken dialogue, acting and dance. Musical Theatre lessons focus on developing these four areas of performance technique in a fun and lively atmosphere.



## UNIFORM REQUIREMENTS

**All dance classes (except Ballet) require pupils to wear WBS PE kit as follows:**

*Acceptable alternatives in brackets*

Girls	Blue leggings (black))	Boys	Blue WBS shorts
	White WBS PE top (plain white t-shirt		White WBS PE top
	WBS tracksuit as a coverup		WBS tracksuit as a coverup

With Tap shoes, bare feet, or trainers depending on the class attended

### Ballet Uniform:

*My Dance Store reference names in brackets*

#### Prep Ballet (also optional at Pre-Prep)

Girls	Lilac Leotard ('Megan')	Boys	Navy Blue Shorts
	Lilac Wrapover Skirt		White T-Shirt
	Pink Socks		White Socks
	Pink Ballet Shoes		Black Ballet Shoes
	Lilac Crossover Cardigan - optional		

#### Junior Ballet

Girls	Navy Blue Leotard ('Anna')	Boys	Navy Blue Shorts / Leggings
	Navy Belt		White T-Shirt
	Pink Tights / Socks		White Socks
	Pink Ballet Shoes		Black Ballet Shoes
	Crossover Cardigan - optional		

#### Senior Ballet

Girls	Navy Blue Leotard ('Grace')	Boys	Navy Blue Shorts / Leggings
	Navy Wrapover Skirt - optional		White T-Shirt
	Pink Tights		White Socks
	Pink Ballet Shoes and Pointe Shoes where appropriate		Black Ballet Shoes
	Crossover Cardigan - optional		

All dance shoes and dance wear can be purchased by following this link to the WBS My Dance Store page:

<http://wes.mydancestore.co.uk>

## THE DANCE ACADEMY TIMETABLE

	Monday	Tuesday	Wednesday
12.30	<b>Tap Dance (Prep)</b>  <i>aimed at pupils in Prep 3 and above. Working at approximately Primary Grade.</i>	<b>Classical Ballet (Prep)</b>  <i>aimed at pupils in Prep 3 and above. Working at approximately Grade 1.</i>	
17.00 – 18.00	<b>Junior Classical Ballet</b>  <i>aimed at pupils from Year 7 – Year 9. Working at approximately Grade 3 – Grade 5.</i>	<b>Junior &amp; Senior Contemporary Dance</b>  <i>This class is open to all Senior pupils</i>	<b>WBS Dance Company</b>  <i>By Invitation</i>
18.00 – 19.00	<b>Senior Classical Ballet (inc. pointe)</b>  <i>aimed at pupils from Year 10. Working at approximately Grade 6 and over. This will include pre-pointe and pointe work where applicable.</i>		

Private Lessons arranged within this timetable, at the discretion of the Dance Teacher.

## CHARGES

All lessons are billed termly. Use the My School Portal link to register and make payments

<https://portal.westbuckland.com/forms/67>

Pre-Prep and Prep Classes	£5 per session	
Junior and Senior Classes	£6 per session	
Private Lessons	£18 per 1/2 hr session	
WBS Dance Company	Free of Charge	By Invitation