

## 31.2 Curriculum for Art and Design Policy

### Benefits of Dance for the Community

In urban and rural communities dancing schools play an important and often unrecognized role with significant commercial and cultural benefits. Schools of dancing, colleges and studios all play their part in creating local employment. They are able to provide many social and cultural improvements in the community and surrounding areas for children, teenagers and adults. They expand social and cultural interaction and an overall community feeling of well-being and togetherness.

The motivation imparted to its pupils by a competent school of dance provides self-discipline, which shows itself in a variety of socially beneficial ways.

Children are motivated to harness their abundant energies to worthwhile objectives and few problems are found in keeping them “off the streets” with all the implications of the exposure to the street culture. Pupils will be encouraged by the school to participate in communal activities, often supporting local charities by raising money, giving shows to disadvantaged groups and the like.

By providing a realistic ladder of progression through the various stages of dance, participants develop a healthy outlook on life and a healthy body. The essentials of good stance and breathing encompassed by all forms of dancing provides life-long health benefits.

It is never too late to enjoy these and a dancing community is a healthy community. The social aspects of dance open the opportunity for friendship for those of all ages - not least the elderly. The fuller life has more meaning for all. The intellectual disciplines of learning the techniques and training the body to move as the mind dictates induces discipline in all one does.

It is universally recognized that dancing plays a major role in the health of the population. Dancing competes well with swimming as one of the two leaders in achieving awareness and self-enhancement - facts established by research conducted by the National Consumer Survey and supported by numerous research programmes into leisure activities.

This Association supports over 7,000 qualified dance teachers in all fields of dance activities. Our administration services are second to none in providing resources, retraining and refresher seminars and workshops, as well as information services for its members and the public.

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# **Dance Styles**

## **Freestyle/Disco**

Freestyle/disco is the trendiest and most popular form of dance in the UK today. It involves runs, spins, kicks and leaps as well as many other diverse steps and movements with lots of different arm and hand actions. The music can be fast and 'beaty' or slow and sensuous, allowing dancers of all ages to use freedom of expression to enhance their style.

## **Streetdance**

Have you ever seen the hottest pop band's music video or performance on Top of the Pops? Then you will already know what Streetdance looks like. Streetdance takes any form of popular music - from pop to hip hop - and choreographs routines to the beats. We have seen that, only too often, the most successful pop acts have made it big by combining Streetdance routines with their tunes and lyrics.

## **Theatre Craft**

This most exciting dance form encompasses the wide spectrum of productions that are Musical Theatre. Shows like Grease, My Fair Lady, Bombay Dreams, The Lion King etc all diverse styles but all embraced by the Theatre Craft Title. A dance form for theatrical performance, preparing the body physically through exercise and stimulating artistic ability through dance movement, improvisation and interpretation of music. The use of hand props, make up and much more - it provides all the 'must have' qualities for today's amateur and professional dancer.

## **Musical Theatre**

So you wanna be a star? Or maybe you just want to have the moves - and the fun - of the stars. So start with the IDTA's Musical Theatre Syllabus! A fusion of all modern music and dance styles, Musical Theatre takes you to inspirational heights. The spotlight's on you!

## **Modern Jazz**

Modern Jazz is fun. You will learn to develop many different movements reaching to a broad choice of varying rhythms and musical styles. Classes are structured to begin to prepare the physical strength and flexibility required to demonstrate emotion through interpretation of any musical genre, one minute you may be dancing to the rhythm of a drum, the next to a funky jazz style. You may explore contrast between expansion and relaxation or learn to isolate in a slick stylish mood, whatever the atmosphere of the class, it will be a wonderful opportunity to react and interact with other members of the class and really dance to express your feelings.

## **Ballet**

Ballet for pleasure, Ballet for the more serious-minded. This classical style of expressive movement has something to offer for everyone. Ballet dates back to the 17th century. The conventional steps, grace and fluidity of movement are still found in Ballet today. Choreographers have been influenced by composers through the ages. Ballet has a technique which is the foundation of all dance.

## Tap

Tap is rhythm - rhythm is tap. Its origins are many and varied. Americans claim its origin dates from the African Jazz age. The Irish stake their claim to the Jigs and Step Dancing. The English relate back to northern Clog Dancers but whichever one chooses to believe, Tap is as popular today as it was in the heyday of the great Fred Astaire and Gene Kelly musicals. Evergreen shows, 42nd Street and Crazy For You, and the more recent Stomp and Tap Dogs highlight the great diversities of style and music in tapping. The IDTA has recently launched its new Tap Grade Examinations. Thousands of examinations and medal tests are held each year for childrens, students and professionals and a wide range of tests are available for adults of all ages. A gentle, rhythmical and enjoyable way to keep fit!

Ballet is the beginning source of all dances. It teaches you technique, discipline, balance, coordination, patience, grace, posture and helps you to ready yourself for other types of dancing such as contemporary, jazz, even hip-hop. You will notice by taking different types of dance classes that the majority of choreography comes from ballet; it has simply been changed to suit the type of dancing. Tap and ballet are excellent choices for beginners. Ballet is just like a sport you have to start by warming up, plies first, then tondus after that rond-de-jambes, etc. Once you are warmed up from these barre exercises you will come to centre and the instructor will give you several different techniques and steps. You can go to youtube and type in professional ballet classes and see how one is directed from barre to finish

### Monitoring and review

The monitoring of the standards of pupil's work and of the quality of teaching in Art and Design is the responsibility of the Art and Design coordinator. The work of the coordinator also involves supporting colleagues in the teaching of art and design, being informed about current developments in the subject, and providing a strategic lead and direction for the subject in the school. The Art and Design coordinator gives the Headmaster an annual summary report in which they evaluate the strengths and weaknesses in the subject, and indicates areas for further improvement.

Date: August 2016

Signed:



Principle

To be continuously monitored and reviewed by no later than two years from the date shown above.