

Primary and secondary school classes

What do we offer?

We offer a range of different dance classes for primary and secondary school students. All of our classes involve fun warm-ups, games and calming cool-downs. Our sessions are put together using upbeat, current music that students will know and love. Our fresh and engaging dance routines help encourage self-expression and challenge young minds and bodies.

As part of our dance teaching, we like to give the students a little information about the background and history of the style, choreographer or artist. Knowing a little about the culture, history and development of a style or creator can really help students to connect more with the subject and gain more from the class.

The students will have opportunities to be creative themselves with choreography and creative team sessions. They will work toward a specific task or build upon a stimulus, mostly in a team setting.

Sessions we offer:

Street dance – A dance class made up of a mix of different street styles such as HipHop (a grounded style with sharp shapes and signature steps), House (bouncy and quick-footed), Waacking (1970s disco freestyle all about arms and drama), DanceHall (a Caribbean dance of celebration) and more.

Musical theatre – Think Bob Fosse in *Cabaret*, Julie Andrews in *Mary Poppins*. Energetic, dramatic and lots of fun. A real chance to work on those acting skills while dancing. We'll cover all the greats as well as recent popular shows like *In The Heights* and *Six*.

Jazz – Jazz is a performance dance style focusing on body isolations, sharp precise shapes and high kicks. Primarily performed to pop music these days, it's usually fast-paced and upbeat.

Contemporary – An expressive dance style that connects the body and mind. Contemporary is fluid and grounded and often outside-the-box. Great for exploring shapes, dynamics and storytelling.

For Reception and Key Stage 1 students we offer the **Zen Friends** programme. It's a creative movement session inspired by yoga stretches and poses with contemporary dance creative movement exercises. Please see the 'Classes' page and click the 'Preschoolers' option for more information.

What are the benefits?

The energetic and fast-paced nature of dance gets your heart pumping and lungs expanding, improving your overall fitness. It also improves balance and coordination and creates a deeper awareness of space. As well as all the physical benefits, dance builds self-confidence and social skills, keeping students healthy in mind and body.

What to expect.

Usually, an hour-long session but this can be adjusted to suit your needs. Classes will be structured with a warmup of about 10-15 minutes before moving on to learning a routine. These will be taught for 2-3 weeks so that students have the time to really engage and immerse themselves in the movement, ensuring they get the most out of the session. Games and team tasks will also be worked into the class, such as devising your own Lockers handshake in pairs or working together to detangle the human knot. The end of the class will involve a calming cool-down to relax the body and mind, making sure the muscles and joints are sufficiently stretched and cared for to prevent injury and reset our minds.

All programmes are run during term times to fit with your school's timetable.

One free trial: we will come and teach a class of your choice free of charge before you commit.

Sessions are usually 60 minutes long and cost £40.00 per session.

Pay monthly or termly by invoice..

For further information or questions, please email hello@thelottdance.com.

Kindest Regards

Lottie Pegrum