

English Plus Dance

For students with a passion for dance. Sessions are led by a specialist dance teacher and the programme works towards an end-of-course performance. Sessions begin with a warm up before the introduction of new steps and techniques needed to create a dance routine. The second part of the sessions allows students to practise what they have learnt and rehearse any routines for the final performance. Styles covered include street dance, modern jazz, contemporary and West End musical.



Please see below, a sample timetable for students following the dance programme. Students will receive nine hours of dance lessons per week in addition to their fifteen hours of English tuition. Along with all other students, the 'English Plus Dance' students will go on one full-day excursion and two half-day excursions per week. Please note, this is a sample, so excursion destinations may vary.

*A minimum of ten students is required for the 'English Plus Dance' programme to run at the centre.

**From 2018 our English plus Dance programme is available for the following age ranges: 11 – 14 and 14 – 17.

AVAILABLE LOCATIONS:

Bristol, Badminton School University of Chester, Parkgate University of Chichester
 Manchester, Chetham's School Nantwich, Reaseheath College
 Reading, Queen Anne's School
 York, Bootham School
 York, St Peter's School

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Week 1	English Test	Dance - Introduction to dance styles	English Lessons	Chester Orientation & Chester Cathedral	English Lessons	Dance - Basic Dance Techniques	English Lessons	Wales with Conwy Castle	English Lessons	Dance - Travelling Exercises	Liverpool with Beatles Museum		Free Time, Activities or Optional Excursion	

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Week 2	English Lessons	Dance - Combinations and Routines	English Lessons	Chester with Cheshire Military Museum & Roman Tour	English Lessons	Dance - Choreography	English Lessons	Llandudno with Great Orme Tramway	English Lessons	Dance - Chosen style of performance	Manchester with City of Manchester Stadium Tour		Depart	

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Summary of Typical Dance Lesson Plan

Introduction – Students will be introduced to the dance teacher and will be told what they are going to cover over the two-week course.

Warm up – Focus on cardio exercises and stretches.

Core Exercises – Combination of core exercises to improve balance and strength.

Travelling Exercises – Basic techniques covered: pirouette, quarter turns, leaps and balance testing.

Combinations and Routines – Students will be taught a dance routine (styles covered over the two weeks include: commercial, hip-hop, street, contemporary, jazz). Once the routine is taught, students are placed into groups of three to four in order to create their own piece to add to the routine.

Cool Down – Focus on reducing heart rate, stretching and relaxing the body and mind.