

DANCE

Dance Fundamentals focuses on warming-up the body through a cardio sequence, isolating different parts of the body and demonstrating correct stretching techniques. Explores a variety of **dance styles, moves and fun sequences!**

Dance Performance focuses on learning a choreographed and styled dance routine to showcase and perform! Students will have the opportunity to **add their own flavour** with their free-style moves as well as choreograph their own dance sequences with their classmates and incorporate them into the routine.

Wakakirri participation also available!

Watch the benefits unfold as we strengthen all facets of a student's mind, body and soul:

- Improved coordination, fitness & wellbeing
- Increased body awareness, confidence & self-esteem
- Encouragement of creativity & initiative
- Improved cognitive function, focus & concentration
- Development of musicality and timing skills
- Practice following instructions & working in a team
- And so much more...

OUR PROGRAMS:

- ✓ Meet The Early Years Learning Framework, Australian Curriculum and SACE requirements
- ✓ Suitable for all ages and learning abilities
- ✓ Completely tailored to suit your school, centre and students' needs and interests
- ✓ Fresh, current, dynamic and FUN!

OUR INSTRUCTORS:

- ✓ Hold Police Clearance and Screening Checks (State, Independent & Catholic)
- ✓ First-Aid trained
- ✓ Qualified in Teaching and/ or discipline-specific trained
- ✓ Extensive teaching experience locally and overseas
- ✓ Energetic, fun and passionate about education and personal development



GROUND FORCE
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