



## PERSONAL DEVELOPMENT

# Creative Dance and Movement

### ENGAGEMENT ONLY

**A combination of Practical and Theory work.  
Students put on their own showcase at the end of the programme!**

**12-week programme  
MONDAYS 12:30pm - 3:00pm  
8 spaces per cohort**

North Star School are excited to announce their NEW programme 'Creative Dance and Movement'.

Students will utilise both the classroom space and dance studio to learn, prepare and perform their own showcase at the end of the 12-week programme.

The course will teach students the fundamentals to dance and performance, as well as giving them the opportunity to work with peers to choreograph their own dances, as well as learning a group dance piece choreographed by the teacher.

Throughout the programme, students put together their own journal of work and receive feedback from the teacher.

COHORT 1  
Starts: WC 28th April 2025

COHORT 2  
Starts: WC 8th Sept 2025

COHORT 3  
Starts: WC 12th Jan 2026

- Introduction to the programme
- Warming up and cooling down
- Styles of dance
- Elements of dance
- Investigating Choreographers
- The stage
- Costumes
- Lighting and sound
- Showcase preparation
- The Showcase!