



## **DANCE CLASSES at AZBUKA**

The Dance Programme within AZBUKA school curriculum is mainly aimed at children's physical development (such as posture, flexibility, coordination) as well as working on children's musicality, sense of rhythm and learning basic dance techniques and styles.

**The programme is divided into three termly blocks, each with a distinct focus:**

**1 term September – December:** *Famous Ballets* (ballet technique and terminology, role play and dance elements based on famous ballets and inspired by classical music)

**2 term January – April:** *World Dance* (traditional and folk dances from cultures around the world; cultural awareness)

**3 term April – July:** *Contemporary & Popular Dance* (introduction into more modern dance styles like jazz, contemporary, ballroom, urban and various dance fusions)

Dance sessions also include dance and movement games, gymnastics and improvisation.

### **Programme Overview KS1 (5-7 years old)**

Imaginative and playful programme introduces young students to the magical world of ballet, folk or modern dance through storytelling, basic technique, and creative movement. Pupils explore character roles, music, basic steps and simplified gymnastic exercises in a fun and age-appropriate way.

#### Key elements include:

Introduction to basic ballet/dance positions, steps and movements (plié, tendu, relevé, etc.), gymnastics. Dance games and creative movement inspired by ballet characters or dance from all over the world. Short, choreographed routines using simplified dance elements.

#### Learning Outcomes:

Improved motor coordination and musicality. Basic knowledge of ballet/dance terminology. Confidence in performance and expressive movement.

### **Programme Overview KS2 (8-11 years old)**

The programme builds on the fundamentals of ballet, folk, and modern dance forms, while introducing more structured technique and choreography inspired by famous classical ballets, traditional dances from various cultures, and modern, contemporary, and popular dance styles. Through this diverse approach, students develop their technical skills, expand their movement vocabulary, and gain an appreciation for the cultural and historical contexts of different dance traditions.

In addition, students engage in partnership and group composition. They advance their acrobatic skills. Throughout, students develop greater body and spatial awareness, with an emphasis on personal safety, responsible movement, and working respectfully with others.

Key elements include:

Expanding movement vocabulary and technique, exploring dance composition and choreographic forms, and learning about dance history, composers, and notable performers. The programme also focuses on posture, strength, musicality, spatial awareness, and partnership skills.

Learning Outcomes:

Students gain improved technical skills and expanded dance vocabulary; increased ability to learn and perform choreography; a deeper understanding of diverse dance styles; enhanced stage presence and performance confidence; and strengthened teamwork, spatial awareness, and personal safety.