



SAMPLE WEEKLY TIMETABLE

Dance Academy – all levels

The Dance Academy is taught onsite by specialist dance instructors from Insteps Dance Academy. Each week students work on two dance routines from a range of genres including ballet, tap, salsa, jazz, hip hop, contemporary and performance genres such as musical theatre and lyrical dance. Students work on choreographed routines as well as working together to develop their own mini routine. Sessions may be filmed so students can observe, analyse and improve their performances. At the end of each week a final costumed performance takes place in front of the whole school.



Typical Week	09.00-09.30	09.45-10.15	10.30-11.15	11.30-12.00
Thursday	Zumba Warm up followed by stretching and strengthening exercises	Ballet, tap, salsa or jazz session. This will provide an introduction to the style, cover the basic technique and introduce the basic steps	Start learning the first routine in one of following styles: Hip hop / Lyrical / Musical theatre / Contemporary	Continue with learning first dance. Cool down and gentle stretch
Friday	Zumba Warm up followed by stretching and strengthening exercises	Taster session in a different style (as above)	Recap work learned previous day and finish the dance	Fun games or match situations to complete the session
Saturday	Zumba Warm up followed by stretching and strengthening exercises	Taster session in a different style (as above)	Start second routine in a different style. Intro to the style, by either discussion, watching video clips or through pictures	Fun games or match situations to complete the session
Monday	Zumba Warm up followed by stretching and strengthening exercises	Either: Taster session in a different style (as above) Or Creative task e.g. forming a mini routine in small groups	Recap work learned in previous day and finish the dance	Fun games or match situations to complete the session
Tuesday	Zumba Warm up followed by stretching and strengthening exercises	Recap both dance routines	Final rehearsal of routine	Fun games, cool down and gentle stretch

Performance: 19:30 Tuesday

This programme also includes 15 hours' English tuition on five afternoons each week.