



Dance Curriculum Overview

Dance at Tiffin

Dance at Tiffin challenges stereotypes, fosters respect, and promotes cultural and artistic appreciation within a safe and supportive environment.

The programme develops transferable skills—such as communication, teamwork, problem-solving, and creativity—that extend beyond the studio. It also nurtures physical ability, confidence, critical thinking, and collaboration.

The Dance curriculum aims to develop creative, confident, and healthy individuals through the three strands of Performance, Choreography, and Critical Appreciation. Lessons are predominantly practical, enabling students to build technical skills and creative expression. Dance topics cover a wide range of genres and examine the cultural, historical, and social contexts of the art form.

Dance is compulsory in Years 7 and 8, with one lesson every two weeks. In Year 9 it is an optional subject, taught in three lessons per fortnight.

KS3 Dance Curriculum

| | Year 7 | Year 8 | Year 9 |
|----------------------|---|---|---|
| Autumn Term 1 | Introduction to Musical Theatre performance skills and techniques | Introduction to Parkour and Freerunning techniques and skills | Breakdance skills, techniques, and a choreographic tasks in duo's |
| Autumn Term 2 | Musical Theatre performance skills | Small group choreographic project in Parkour and Freerunning | Study of professional work <i>Emancipation of Expressionism</i> and creation of performance piece |
| Spring Term 1 | Introduction to Choreography | Capoeira skills/ techniques and workshop | Contact work skills and techniques |
| Spring Term 2 | Choreographic small group project | Capoeira skill/ techniques and performance | Choreographic project based on visual stimuli |
| Summer Term 1 | Bhangra workshop | Choreographic project | Exploration of varied dance genres, skills, and techniques |
| Summer Term 2 | Bhangra technique and performance | Choreographic project performance and evaluation | Dance for camera small group project and evaluation |

