

'The Aspiring Dancer

KS4/5



CHELTENHAM
BOURNSIDE
SCHOOL



Inspiring lives through learning

'The Aspiring Dancer'



**CHELTENHAM
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SCHOOL**

DANCE



GCSE

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|--|--|---|--|--|---|
| 1. DANCE COMPREHENSION <ul style="list-style-type: none"> Physical, technical, expressive, and mental skill Health and safety | 2. PERFORMANCE <ul style="list-style-type: none"> Solo set phrase performances Duet/trio creation and performance | 3. CREATING AND RESPONDING <ul style="list-style-type: none"> Understanding the choreographic process | 4. CHOREOGRAPHY <ul style="list-style-type: none"> Solo or group performance Working from stimuli The creative process | 6. CRITICAL APPRECIATION <ul style="list-style-type: none"> Of own work Of 6 professional works | 6. PROFESSIONAL STUDY <ul style="list-style-type: none"> Exploring style Exploring design elements |
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| 6. PRACTITIONER EXPLORATION <ul style="list-style-type: none"> Style Technique Influences Professional repertoire Communication of dance ideas | 5. CRITICAL ENGAGEMENT <ul style="list-style-type: none"> Knowledge, understanding and critical appreciation of two set works | 4. CHOREOGRAPHY <ul style="list-style-type: none"> Group choreography Researching, developing and experimenting with dance ideas | 3. SAFE PRACTICE <ul style="list-style-type: none"> Awareness of correct alignment and technical accuracy Lifestyle of a dancer | 2. QUARTET PERFORMANCE <ul style="list-style-type: none"> Practitioner study Linked performance | 1. SOLO PERFORMANCE <ul style="list-style-type: none"> Practitioner study Linked performance |
|--|---|---|--|--|---|



A Level

'The Aspiring Dancer'



Dance is a subject that builds confidence, resilience, teamwork, and discipline, while also offering a space for individuality and expression.

Whether you are considering a career in the arts or simply want to nurture your passion for movement, Dance offers a rich, challenging, and rewarding journey.

Miss Austin

Head of Drama and Dance

Reading list



50 Contemporary Choreographers - Routledge Publishing

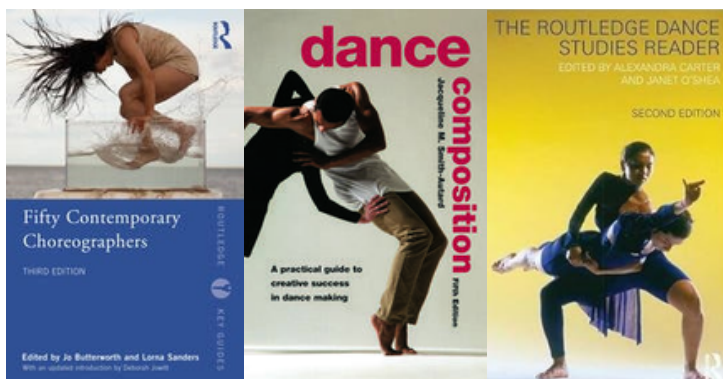
A unique and authoritative guide to the lives and work of prominent living contemporary choreographers; this third edition includes many new names in the field of choreography. Representing a wide range of dance genres and styles, each entry locates the individual in the context of contemporary dance and explores their impact.

Dance Composition: A Practical Guide to Creative Success in Dance Making by Jackie Richards & Karen A. Pearlman

A practical guide to creative success in dance making and is a popular textbook for all those who are interested in dance composition, from secondary school to university.

The Routledge Dance Studies Reader

Edited by Alexandra Carter and Janet O'Shea



Competitions



CHELTENHAM BOURNSIDE SCHOOL

Our 'Making Moves' project working alongside Sadler's Wells

Making Moves is a choreography and performance project for schools and youth groups across England. Connecting young people with the ideas of some of the world's most exciting choreographers, Making Moves aims to raise the profile of dance being created in school and youth settings and offers a chance to perform on one of Sadler's Wells stages.

Cheltenham Festival of Performing Arts

The Festival is an opportunity for performers to try out their skills in the wonderful setting of Cheltenham Town Hall.

CHELTENHAM
FESTIVAL OF
PERFORMING
ARTS

Music
Drama
Dance



Listen and Watch



Podcasts



The Dance Edit Podcast

Covers current news, trends, and debates in the dance world. Great for linking A-Level topics to contemporary issues in the arts.



DanceWell Podcast (Trinity Laban Conservatoire)

Bi-monthly episodes in which we talk with all sorts of practitioners including: dietitians, body-workers, medical doctors, athletic trainers, physical therapists, conditioning experts, psychologists and more. We hope these conversations bring you an enhanced understanding of your own health and wellness and help support fulfilling experiences in dance!



Talking Moves (by People Dancing & One Dance UK)

Conversations with choreographers and practitioners about their creative process.

The DancePod (One Dance UK)

Helps students connect academic study with real-world professional practice.

Listen and Watch

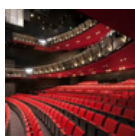


Films/YouTube/TV



Jacob Jonas The Company

Jacob Jonas the Company advances human narratives through the creation and presentation of exceptional dance. Together with our community of diverse collaborators, we create socially relevant works and strive to make dance a more visible and valued art form.



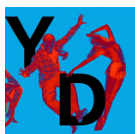
Sadler's Wells Theatre (Official Channel)

We make and share dance that inspires us all. On our YouTube Channel, you can enjoy dance in all its forms, from contemporary to flamenco, Bollywood to ballet, salsa to street dance and tango to tap. Discover dance films from global artists, exclusive behind the scenes documentaries, dance workshops for all ages, and in-depth interviews with choreographers.



DanceOn Network

DanceOn creates the most buzzworthy music and pop culture programming for millennials and Gen Z seeking entertainment everywhere.



BBC Young Dancer

Be astounded, mesmerised and amazed as aspiring dancers compete for a life-changing prize. From ballet to street, extraordinary new talents aim to wow the biggest names in dance.

Listen and Watch



Social media

@onedanceuk (Instagram & X)

One Dance UK is the national support organisation leading the way to a stronger, more vibrant, and more diverse dance sector.

@sadlers_wells (Instagram, YouTube, TikTok)

At Sadler's Wells we believe in dance to move the world. On all our stages, channels and studios, let dance connect, reveal, astonish, and thrill you.

@royaloperahouse (Instagram, YouTube, TikTok)

At the Royal Ballet and Opera, we are making the extraordinary for everyone. Inspiring imagination and igniting emotion. We are a cultural powerhouse, bringing together two world-class performing companies in one of the UK's leading arts institutions.

@worldofdance (Instagram & TikTok)

The competitors showcase their skills, ranging in styles from hip-hop and contemporary to ballroom, Latin and more, bringing their passion to battle it out with the best of the best.

Work Experience and Events



Our 'Making Moves' project working alongside Sadlers Wells.
This is a chance to create and perform on a professional stage for free.

If selected by Sadlers Wells, we will also be able to perform in London on their stage!

This is an opportunity that is new to the school and we are the only people on Gloucestershire taking part!

Work Experience and Events



Work Experience | Royal Ballet & Opera

Those on placement will improve their skills and experience first-hand what it takes to keep one of the oldest theatres in London running. We offer work experience within many Royal Ballet and Opera departments and opportunities to learn from the best in the industry.



Work Experience | English Folk Dance & Song Society

We champion folk music and dance at the heart of cultural life, all across England. Each year we offer a few work experience opportunities for students aged 14-18.



Work Experience | National Dance Company Wales

The National Dance Company Wales can offer work experience placements in all areas including dance, producing, administrative and technical.



Work Experience | Study Work Grow

Work shadowing a dance teacher can also be useful. Seek out local opportunities in your area or holiday programmes. You may also want to consider setting up your own company.



Work Experience | Birmingham Rep

During your week of Work Experience, you'll attend classes and work alongside staff from different departments including: costume, producing and touring



breakfast lectures



The Careers Team at Bournside deliver regular Inspire Breakfast Lectures. Open to students in Year 10 - 13, these business-focused breakfasts invite speakers from all corners of industry to share their professional experiences and valuable insights with Bournside students over breakfast; opening our eyes to the opportunities available across many industry sectors.

[Take a look at upcoming speakers and reserve your space here.](#)

