



What is it?

7 week dance program created to encourage physical fitness, engage self-confidence and enrich mindfulness. Designed to appeal to all abilities.

We create a fun, interactive safe place for students to express themselves through movement. Classes develop self awareness and cognitive skills. Through improvisational tasks, exploring space, levels and rhythms. Students learn to create from the simplest stimulus by following Natalie su company's unique technique.

Classes finish with relaxation, allowing the students to process their individual journey.

Goals & Outcomes

- Body awareness
- Balance and core stability
- Choreography and devising skills
- Physical fitness
- Performance skills
- Personal confidence
- Increase Creativity
- Increase Mindfulness
- Generate trust patterns
- Contemporary dance technique

Funding Options

- ◆ Working with extended school funds
- ◆ School and PTA sponsored sessions
- ◆ Parent paid sessions
- ◆ Ask for more details.

Book a Dance Class

7 week program

Working with Key stage curricula.

Primary

£70 (75 minute class)

Once off & Seasonal Workshops From £55

During School days & After School Program

Contact Us:

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NI Access Certificates**



BEAT Program Curricula Information

The BEAT Program offers a very wide range of benefits to pupil across a wide range of their curriculum requirements at Foundation, Key Stage 1 and 2.

The course is centred upon a wide range of physical movement activities, however their are key learning outcomes developed through mindfulness, confidence building and self expression aspects of the course.

Detailed below are the specific statutory requirements of the current curricula BEAT addresses at Foundation, Key Stage 1 and 2.

In addition specific workshops can be created to cover further curricula areas in Personal Development and Mutual Understanding, RE and The World Around Us,

Foundation Stage

Physical Development and Movement

Beat covers over 80% of Statutory Requirement

Dance: Pupils should be given opportunities to respond to a variety of stimuli and the use of body movements to communicate ideas and express feelings.

Gymnastics: Pupils should be taught to explore, create, practice and improve body management skills.

Pupils will be enabled to:

- listen to and follow simple instructions/rules;
- take part in warm-up and cool-down activities;
- experiment with different ways of moving and exploring personal and general space;
- develop confidence, imagination and some understanding of safety through participating in a range of movement activities;
- develop body awareness through varying body movements in relation to shape, levels, pathways (straight/curved), directions, speed;
- play/create/modify simple games;
- listen and respond to a range of stimuli;
- explore, refine and improve simple movements;
- create, practise, improve and perform simple movement sequences which have a clear beginning, middle and end;
- use a range of movement vocabulary to discuss actions;
- observe, describe and copy what others have done;

Progression

- move with control and co-ordination;
- move with confidence, imagination and safety;
- show an awareness of personal and general space;
- respond appropriately to instructions and to stimuli;
- travel, showing changes of speed, direction and level;
- develop controlled movement, understanding positional language;
- create, remember and perform simple movement sequences;

- use appropriate language to talk about ideas, feelings and movements of themselves and others;
- begin to understand the importance of warm-up and cool-down activities before and after exercise;
- begin to understand the importance of physical activity for good health and the reasons that it is important to dress appropriately for physical activity;
- be aware of the effects of exercise on their bodies.

Personal Development and Mutual Understanding

Personal Understanding and Health

Pupils will explore:

- themselves and their personal attributes;
- their own and others' feelings and emotions;

Progression

Pupils will be enabled to:

- express a sense of self awareness;
- show some self control and express their own feelings and emotions appropriately;
- show a positive attitude to learning;

Mathematics and Numeracy

Counting and Number Recognition

Pupils should be enabled to:

- count in the context of number rhymes, jingles and stories;
- count forwards in ones within 5/10 from different starting points;
- count backwards in ones within 5/10 from different starting points;
- recognise numerals up to 5/10;

Shape and Space

Pupils should be enabled to:

- explore and talk about shapes in the environment;

- describe and name common 3-D and 2-D shapes;
 - explore body space through different types of movement;
 - explore movement through space during indoor and outdoor play activities;
 - understand and use a range of positional words;
 - follow/give directions from/to a partner for simple movements.
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Language and Literacy

Talking and Listening

Pupils will be enabled to develop:

Attention and listening skills through:

- listening to a wide range of poems, songs and music;
 - following instructions;
 - identifying environmental sounds;
 - repeating familiar phrases/sound sequences;
 - recalling sequence and detail.
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The World around Us

Interdependence

Pupils will be enabled to explore:

- Who am I?
- What am I?
- Am I the same as everyone else?

Key Stage 1

Physical Education

Beat covers over 60% of Statutory Requirement

Dance

Pupils will be enabled to:

- use different parts of the body to explore personal and general space and to move using simple actions;
- listen to, and move in response to, different stimuli and accompaniments;
- move in a controlled manner, at different speeds and in different directions, using different levels in space, (high, low), and different strengths (heavy, light);
- perform simple steps and movements to given rhythms and musical phrases;
- create, practise, remember and perform simple movement sequences;
- develop their movements progressively individually and in pairs.

Games

Pupils will be enabled to:

- develop the skills relevant to games, including running, stopping, jumping and skipping;

Gymnastics

Pupils will be enabled to:

- explore a range of movement skills, including travelling, jumping and landing, rolling, climbing, transferring weight, balancing;
- explore, practise and improve body management skills;
- form simple sequences by linking movements;
- progress from working individually to working in pairs;
- evaluate their movements and those of others.

Personal Development and Mutual Understanding

Pupils will be enabled to develop knowledge, understanding and skills in

Personal Understanding and Health

- their self esteem and self confidence;
- their own and others' feelings and emotions and how their actions affect others;
- positive attitudes to learning and achievement;

Mutual Understanding in the Local Community and Wider Community

- responsibility and respect, honesty and fairness;

Mathematics and Numeracy

Number

Pupils will be enabled to:

- count and order whole numbers, initially to 10
- recognise and use simple everyday fractions.

Measures

Pupils will be enabled to:

- understand and use the language associated with length, 'weight', capacity, area and time;
- use non-standard units to measure and recognise the need for standard units;
- know and use the most commonly used units to measure in purposeful contexts;

Space and Shape

Pupils will be enabled to:

- use prepositions to state position;
- understand angle as a measure of turn; understand and give instructions for turning through right angles;
- explore body space through different types of movement eg curling and stretching, falling forwards/backwards, turning over.
- explore movement through space eg in the corridor, classroom, playground.
- follow instructions for movement along a line, eg forwards, backwards, sideways.
- use everyday language to describe position, direction and movement, eg under, beside, left, backwards, full turn.

Language and Literacy

Talking and Listening

Pupils will be enabled to:

- participate in talking and listening in every area of learning;
- listen to, respond to and explore stories, poems, songs, drama, and media texts through the use of traditional and digital resources and recreate parts of them in a range of expressive activities;
- listen to, interpret and retell, with some supporting detail, a range of oral and written texts;
- tell their own stories based on personal experiences and imagination;
- listen to and respond to guidance and instructions;
- take turns at talking and listening in group and paired activities;
- take part in a range of drama activities to support activity based learning across the curriculum;
- express thoughts, feelings and opinions in response to personal experiences, imaginary situations, literature, media and curricular topics and activities;
- present ideas and information with some structure and sequence;
- think about what they say and how they say it;
- speak audibly and clearly, using appropriate quality of speech and voice;

Key Stage 2

Physical Education

Beat covers over 40% of Statutory Requirement

Dance

Pupils will be enabled to:

- progress from using simple movements and gestures, towards developing these into a structured, sequenced and co-ordinated set of movements using variables such as space, direction and speed;
- develop their movements progressively individually; in pairs; in trios; small groups; and larger groups.
- develop more effective use of space levels, directions, speed and strength
- move with increased control, co-ordination and poise, using a variety of actions and gestures which communicate ideas and feelings;
- create, practise and perform movement sequences, using a variety of stimuli and to an audience;
- structure dances with clear beginnings, middles and ends;

Games

Pupils will be enabled to:

- develop control in running, jumping, changing speed, stopping and starting, without small equipment;

Gymnastics

Pupils will be enabled to:

- extend their body management skills and improve the variety and quality of movement;
- progress from working individually to working in pairs, trios, small groups and whole groups;
- explore, practise and refine a range of movement skills, including travelling, flight, rolling, balancing, transferring weight, including weight on hands, twisting, turning and stretching.

Personal Development and Mutual Understanding

Pupils will be enabled to develop knowledge, understanding and skills in

Personal Understanding and Health

- their self esteem, self confidence and how they develop as individuals;
- their management of a range of feelings and emotions and the feelings and emotions of others;
- effective learning strategies;
- how to sustain their health, growth and well being and coping safely and efficiently with their environment.

Mutual Understanding in the Local Community and Wider Community

- initiating, developing and sustaining mutually satisfying relationships;

Mathematics and Numeracy

Measures

Pupils will be enabled to:

- develop skills in estimation of length, 'weight', volume/capacity, time, area and temperature;

Position, Movement and Direction

Pupils will be enabled to:

- understand the notion of angle in the context of turning; recognise right angles; understand clockwise and anti-clockwise;

Language and Literacy

Talking and Listening

Pupils will be enabled to:

- listen and respond to a range of fiction, poetry, drama and media texts through the use of traditional and digital resources;
- tell, re-tell and interpret stories based on memories, personal experiences, literature, imagination and the content of the curriculum;