

Dance Leadership Award – Level 1

The Dance Leadership Award is a Level 1 award from Sports Leaders UK. It is for young people aged 13+ and will give you the skills necessary to lead dance activity in your school or youth club under supervision, or help out at your local primary school with an after-school dance club or holiday activity.

The Award takes 30 hours to complete. During the course you will (1) complete a brief log book outlining the skills you have learned and (2) be observed leading a dance session to a younger age group. This four day course will cover everything you need to know to gain the award. The modules are:

- Planning, preparing & assisting a simple dance activity
- Basic communication skills for leading a dance activity
- Principles of health, fitness & safe dance practice
- Understanding the relationship of music to dance
- Understanding the scope of opportunities in dance
- Creating, developing and assisting with the performance of a simple dance
- Demonstration of leadership skill in dance

The Award can also support your GCSE PE or Dance course work, Duke of Edinburgh award & UCAS forms.

BOOKING FORM

**Dance Leadership Award @ Queen Elizabeth Grammar
School, Penrith (gym)
Tuesday 22nd - Friday 25th February 2011**

Participant Name

Address.....

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Date of Birth

Declaration *(to be countersigned by a parent/guardian if the participant is under 16 years of age)*

I agree to taking part in the activity described above. I also agree to emergency treatment being given if required. My emergency telephone numbers are:-

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Signed Date

To reserve a place please complete this booking form and return to: Mrs K Johnston, QEGS, Ullswater Road, Penrith, Cumbria, CA11 7EG.

Your place will be confirmed in writing or by telephone.

The cost of the four day Dance Leadership Award course is £50 which includes your registration fee to Sports Leaders UK, record of achievement, assessment, certificate, etc. Please bring your own lunch, snacks and drinks each day. And please wear clothing suitable for moving!

If you enjoy dance and would like to dance regularly with other young people, why not try joining your local Youth Dance Company in Cockermouth, Penrith, Keswick, or Carlisle.

visit www.northwestdance.org.uk for dates, times & venues

COMING SOON!

Auditions for **Cumbria Youth Dance Company 2011** on Sunday 8th May at The Play Station, Huntley Avenue, Penrith, CA11 8NU.

www.activecumbria.com

For more information about Dance Leaders Awards contact:

Alison Horn
(Community Dance Worker for Carlisle & Eden) on 07765 917855 or email

dancecumbria@cumbriacc.gov.uk

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Queen Elizabeth Grammar School, Penrith

