



IPSWICH HIGH SCHOOL  
WOOLVERSTONE HALL  
SUFFOLK, ENGLAND

# DANCE

at Ipswich High School





## EMBRACE MOVEMENT

At Ipswich High School we understand the importance of nurturing and encouraging creativity and the performing arts.

Our Dance Department offers an unrivalled opportunity for pupils of all ages to study Dance both as part of the curriculum and through enrichment activities.



*"I dance because I can express myself, it makes me feel free. I can let out my emotions and worries."*

Evie, Year 11



*"I've learnt about Astronomy through studying dance."*

Abigail, Year 13

## THE PERFORMING ARTS STUDIO

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The Performing Arts Studio has been designed as a state-of-the-art, professional space with a specialist non-slip floor, mirrors and barre.

All curriculum lessons and workshops are taught here. It can also be used for small scale performance with theatrical lighting.

The venue is available to hire on evenings and weekends.

## WHY STUDY DANCE?

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We believe that all of our students benefit from taking part in Dance lessons. Not only does it build self-confidence as well as social and emotional awareness; it also allows them to consolidate and comprehend other subject areas through kinaesthetic study.

We work collaboratively with other departments to create cross-curricular projects and performance work, as well as working with professional performers and theatre companies to enrich the experience of our pupils. Both Local and West End performers hold workshops, coaching and provide creative inspiration for our dancers.



## PREP

Pupils are given the opportunity to develop fine and gross motor skills, explore creative topics and perform for an audience.

Lessons are structured to allow pupils to develop confidence, self-awareness and resilience in a fun, yet purposeful environment. Children are given freedom to use movement as a way to understand their world, explain feelings and to learn new concepts or ideas. They are also exposed to professional dance works to inspire, engage and to think critically about areas such as performance skills and characterisation.

The Upper Prep School are taught by our Head of Dance and their curriculum builds upon the skills learnt in the lower year groups with half-termly topics.

## YEARS 7 - 8

This rich and diverse curriculum allows students to explore skill development, choreography, performance and understanding dance through many genres and styles. A half termly topic provides an opportunity to develop and refine their creative, physical, technical and expressive skills.

Students are given the confidence to work as a group, but also as a soloist and clear links to their wider curriculum are also made.

All students perform in our annual dance show and are offered at least one opportunity each year to watch a live professional dance work.



## AQA GCSE

From Year 9 pupils can opt to begin studying for a GCSE in Dance. Learners are assessed in three areas: Performance, Choreography and Dance Appreciation.

The performance element requires dancers to demonstrate their physical, technical, expressive and mental skills through the learning and performing of two set phrases and a performance in a duo/trio.

The choreography element requires the students to create either a solo or group piece of choreography based around the choice of five stimuli given by the exam board.

The Dance Appreciation unit tests their knowledge of performance and choreography skills.

GCSE students will be given the opportunity to work with James Cousins Company and Stop Gap Dance Company as part of their academic studies.

## AQA A LEVEL

This course builds on the skills obtained at GCSE and extends them through the use of independent study and research.

Students have two areas of study: the compulsory area is Rambert Dance Company and then they have a choice of an optional area in the following genres: Ballet, Modern Dance, American Jazz or The Independent Contemporary Dance Scene in Britain.

The practical element requires students to learn the styles and techniques of practitioners from across the areas of study and to perform a solo in the style of a chosen practitioner. They also perform in a quartet in any style and must choreograph a dance for a group answering one of three questions given by the exam board.

Pupils can also enjoy workshops and professional masterclasses with renowned experts, as well as access to CAT at Dance East to enhance their study and progress as dancers.





## DANCE ENRICHMENT

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There are a number of Dance opportunities as part of our extensive Enrichment Programme, which allows students to further extend their interests or try something new.

We have both recreational clubs and auditioned teams who work on improving their technique, choreography skills and performance pieces throughout the year in preparation for showcases.

In the Prep School Enrichment sessions include: Dance Performance Team, Dance Versity, Modern Dance and Ballet. While in the Senior School pupils can enjoy: Breakdancing, Choreography Coaching, The Male Dance Company, Aspire Dance Company, Revolution Dance Company and year group Dance sessions.



## SHOWCASE

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All the pupils get the opportunity to share their work each year.

We hold an annual IHS Dance Show each year, either internally or at Dance East. We also run our own in-house Dance competition "IHS Young Dancer" where students can choreograph and perform their own work which is then judged by a professional adjudicator.



## PERFORMANCE TEAMS

At Ipswich High School, we have four teams that represent the school at local and national competitions and festivals.

Revolution is our senior company and is run as an invitational group.

Aspire is our Years 7 and 8 company.



Prep Performance Team is our newly formed Prep School group.

Male Dance Company is our exclusive dance company for boys.

Examples of the events they perform at include ISA National Dance Competition, U.Dance Regional Platform and the Sudbury Festival.



## ARTS AWARD

In Year 8, all of our students are entered for the Bronze Arts Award.

This is a nationally recognised Level 1 Qualification, that can then be added to, should they wish to continue working towards Silver and Gold in subsequent years.

We believe this qualification not only supports and enhances the work we do in our lessons, but also broadens their horizons in terms of a greater knowledge and understanding of the Arts Sector, careers and provides inspiration for further study.



# WHY DO YOU DANCE?

*"I want to become more confident and stronger."*

Max, Year 8



*"It's a way to talk without using words."*

Olivia, Year 7



*"It clears your headspace."*

Chloe, Year 7

*"Before I danced I felt shy, self-conscious and so many other things. But when I dance, I feel happy, confident and proud of myself."*

Evie, Year 10



## DANCE IS FOR EVERYONE

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At Ipswich High School, we recognise the value and opportunity that boys gain from studying Dance. The focus is on nurturing physicality and creativity in tandem with one another. Scientific research shows that academic performance increases when we dance, due to having to use both sides of the brain at one.

Our students gain confidence and work with sensitivity to others. We use their interests in other subject areas, such as sports or current affairs, to engage them as choreographers and critics in their lessons.

We also run an annual 'Boys Day of Dance' and invite influential male professional dancers and choreographers in to work with our boys.



# SCHOOL PRODUCTIONS

Each year the Performing Arts departments join together to collaborate on a full-scale musical theatre production for the Senior School.

Each production takes place in our Hayworth Theatre, a fully equipped theatre, with lighting and sound, and a capacity for 350 audience members.

The experience of rehearsing and performing a production develops skills and confidence, as well as being an unforgettable experience and an opportunity to come together creatively as a school.

## Previous productions have included:

Our House: The Madness Musical

The Addams Family



Beauty & The Beast

Into The Woods

Joseph & The Amazing Technicolour Dreamcoat

Excellence in Performing Arts



Photograph from Our House: The Madness Musical



## DANCE SCHOLARSHIPS

Dance scholarships are available to students entering Year 7 and to new students entering the school in Year 9. These scholarships, each with their own tuition fee award, are carried through to Year 11. Those entering Year 12 can apply for a Sophie Youngman Scholarship for Dance. We look for scholars with clear potential and an enthusiasm for dance, choreography and who have secure technique.

All Dance scholarship applications will be reviewed by the Head of Dance who will then invite those shortlisted for interview and assessment. This will involve a morning or afternoon in the Dance Studio, undertaking some Dance assessments and an interview with the Head of Dance.

**For further information on our Dance Scholarships please contact our Admissions Department:**

**[admissions@ipswichhighschool.co.uk](mailto:admissions@ipswichhighschool.co.uk)**



## CONTACT US

For further information about Ipswich High School, our Dance offer, admissions or the scholarship process and to arrange a private tour, please contact our Registrar:

**01473 201058**

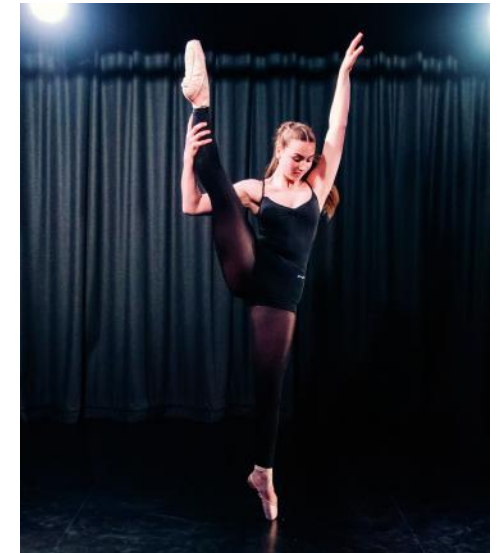
**[admissions@ipswichhighschool.co.uk](mailto:admissions@ipswichhighschool.co.uk)**

## FOLLOW US

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