



ROYAL
BALLET
SCHOOL



★ PRIMARY
STEPS ON
DEMAND

A COMPLETE PRIMARY SCHOOL DANCE PROGRAMME FOR AGES 7 TO 11

A positive, creative introduction to dance, developed specifically for primary schools by the experts at The Royal Ballet School. An easy way to get all children participating in movement and the arts, enjoying an outlet for creative expression and the many physical and mental health benefits of dance.

The low-cost, easy-to-use programme enables all schools to teach dance with confidence, with no previous dance teaching experience needed. It's delivered via Video on Demand, providing educators with the flexibility to choose when, where and how to use the content.

Lessons include literacy, numeracy and SMSC and use cross-curricular themes, meaning teachers can cover a wide range of learning through movement and close attainment gaps.

The programme fulfils your primary school dance requirement and includes CPD to upskill teachers, making it a perfect use of your PE and Sports Premium funding.



Watch our video to find out more



WHAT'S INCLUDED?



VIDEO CLASSES EXPLORING THE CURRICULUM THROUGH DANCE



VIDEO CLASSES INTRODUCING CORE CONCEPTS OF MOVEMENT



MOVEMENT GUIDES, INCLUDING WARM-UPS AND COOL-DOWNS



FULL LESSON PLANS



RESOURCES FOR PUPILS



CPD WEBINARS AND SESSIONS FOR TEACHERS





BENEFITS

- ★ Better physical and mental health
- ★ Motor skills: strength, coordination, balance and agility
- ★ Creative, independent and critical thinking skills
- ★ Self-confidence, an outlet for self-expression
- ★ Collaborative and problem-solving skills
- ★ Learning through movement, exploring ideas
- ★ Better attendance and enjoyment at school.

WHY CHOOSE OUR PROGRAMME?

- ★ Low cost, from just 80p per day
- ★ No equipment needed
- ★ Completely flexible, delivered via Video on Demand
- ★ Accessible and inclusive with adaptable content
- ★ Cross-curricular approach
- ★ CPD included
- ★ Ongoing in-house support service.



In a recent study, The Royal Ballet School asked pupils and teachers who are currently using Primary Steps questions about pupil behaviour as a result of participating in the programme, with the following results:

91%

OF PUPILS PARTICIPATING IN
THE PRIMARY STEPS PROGRAMME
RECOGNISED THAT THEY FELT
CONFIDENT OR VERY CONFIDENT
WHEN THEY DANCED

83%

OF PUPILS PARTICIPATING IN
THE PRIMARY STEPS PROGRAMME
FELT THAT THROUGH PARTICIPATION
THEY COULD **WORK WELL OR VERY**
WELL WITH OTHER PEOPLE

100%

OF PARTNER SCHOOL TEACHERS
BELIEVED THAT THE **SELF-ESTEEM**
OF THEIR PUPILS INCREASED
DURING THE WORKSHOP PERIOD
AT THEIR SCHOOLS

100%

OF PARTNER SCHOOL TEACHERS
BELIEVED THAT THEIR **PUPILS'**
PHYSICAL SKILLS AND
CREATIVITY INCREASED DURING
THE WORKSHOP PERIOD

SUBJECTS

EXPLORING THE CURRICULUM

Experiential learning in curriculum areas

- ★ Art
- ★ Geometry
- ★ Light and shadow
- ★ Rocks
- ★ The water cycle
- ★ Ancient Egypt
- ★ Around the world
- ★ Louis XIV – the Sun King
- ★ Moving on up! (transition to secondary school)
- ★ The universe
- ★ The heart



EXPLORING BALLET

To develop dance knowledge and skills

- ★ Balance
- ★ Dynamics
- ★ Kinesphere
- ★ Spirals
- ★ The corps de ballet
- ★ Counterpull



DISCOVERY BLASTS AND INSPIRATION BURSTS

Short videos to inject movement into the day, any time

- ★ Warm-up
- ★ Cool down
- ★ Cardio blasts
- ★ Elancé (to dart)
- ★ Exploring opposing dynamics
- ★ Glissé (to glide)
- ★ Plié (to bend)
- ★ Relevé (to rise)
- ★ Révérence (curtsey or bow)
- ★ Sauté (to jump)
- ★ Stretch and breathe
- ★ Tendu (to stretch)
- ★ Tourné (to turn)
- ★ Travelling actions of the body





RESOURCES

THE WATER CYCLE

Lesson plan example:

Discovery question: what movements can you create that reflect the water cycle?

Keywords and terminology: liquid, water vapour, particles, vibrate

Core ballet skills and concepts: partner work, dynamics, coordination

Numeracy: rhythms and counting: teacher-led movement counted to the music

Literacy: verbalising the movements in a dance performance

SMSC: environmental awareness and responsibility

Lesson structure: solid, liquid and gas (connection phase) to encourage a whole-body experience of the three different states of water. Pupils explore changing movement to reflect a solid, liquid and gas.

Differentiation: extra challenge: can pupils make the dynamics of their movement as contrasting as possible?

Teacher guidance: visualisation – teacher to encourage pupils to imagine different types of rainfall: light drizzly rain, heavy rain, shower and torrential heavy downpour.



Pupil resource example:

Did you know that water is the only thing on earth that naturally occurs as a solid, liquid and gas? Draw a line to match these objects with their state:

Solid	A hot chocolate
Liquid	Helium inside a balloon
Gas	A tennis ball

Evaporation:

When water changes state and becomes a gas, it evaporates. When water evaporates, it becomes water vapour.

Vapour is another word that means gas.

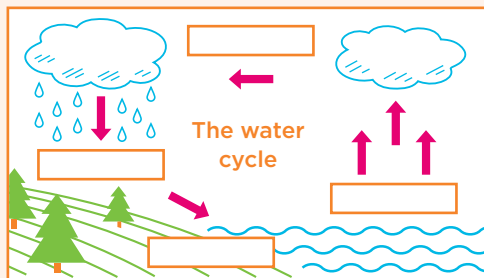
Particles in a gas are far apart and move freely.

Can you draw some particles floating in this cloud?



Can you place the four labels on the diagram on the right?

- Rivers flow to ocean
- Water evaporates
- Rain falls
- Condensation



CPD

As part of the programme, we encourage teachers to attend our free CPD sessions on Zoom, led by a Royal Ballet School Primary Steps expert. As well as gaining knowledge and skills in dance teaching, these sessions are an opportunity to connect and network with other teachers. You can also ask your questions to the Royal Ballet School team.

Teachers will receive certificates after each session with a link to more resources.

SESSIONS INCLUDE:

- ★ Setting up for success (includes classroom management for dance sessions and safe dance practice)
- ★ Active posture
- ★ Turnout
- ★ Ballet basics
- ★ Creating a dance performance.



PRICING

SINGLE SCHOOL

£300 per year

NON-SCHOOL

COMMUNITY GROUP, CHILDREN'S CLUB,
DANCE SCHOOL, OR HOME EDUCATOR

£150 per year

MULTI-SCHOOL

ACADEMY TRUST OR
INDEPENDENT GROUP SIGNING UP
TWO OR MORE SCHOOLS

From £150 per school

All prices inclusive of VAT for UK schools



Book a free demo with our team at ondemand@royalballetschool.org.uk



'Primary Steps on Demand has been a wonderful, energising addition to the curriculum. The children love taking part, they are enthusiastic, motivated, curious and excited to learn more. They are delighted to say they are doing ballet at school, and we can already see the many benefits of the programme coming through in their work and their well-being.'

Joanne Hawthorne

Headteacher, St Anthony's Catholic Primary School

'I really love the live music. We especially love Mr Sanders and his wonderful saxophone. In fact, every time there's a class where the teacher says, 'and Mr Sanders is playing music for us,' the children all say, 'Hooray, Mr Sanders!'

Rosemary Johnson

Home educator



Start dancing today!



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Discover more: ondemand@royalballetschool.org.uk