

MOVEMENT TO MUSIC (DANCE)

KEY RULES

Performance & Expression: Dancers should express ideas, moods, and feelings through movement that matches the rhythm, style, or theme of the music. Performances must show control, coordination, and fluency of movement, with clear starts and finishes. Dancers use levels (high, medium, low) and pathways (straight, curved, diagonal) to vary their routines.

Teamwork & Composition: Dances can include solo, partner, or group sequences that use timing, spacing, and synchronization. Movements such as canon (one after another) and unison (all together) should be clearly defined. All routines should have a stimulus or theme (e.g., emotions, seasons, cultures, celebrations). Dancers must take turns performing, support others, and give positive feedback using key dance terms.

Performance Conduct & Safety: Always warm up and stretch before dancing and cool down afterwards. Dancers should ensure the performance space is clear and safe, avoiding contact or collisions. Respect others' space, perform with confidence, and celebrate effort and creativity as well as technical accuracy.

NATIONAL GOVERNING BODY (NGB)

One Dance UK: the national body for dance development, education, and performance across England.

Dance Base Scotland: the national centre for dance in Scotland, promoting participation and creativity.

National Dance Company Wales (NDCWales): develops dance education, performance, and outreach across Wales.

Dance Ireland: the national body supporting professional and educational dance practice in Ireland and Northern Ireland.

USEFUL LINKS

One Dance UK: onedanceuk.org

Dance Base Scotland: dancebase.co.uk

National Dance Company Wales: ndcwales.co.uk

Dance Ireland: danceireland.ie

Your School Games Dance: yourschoolgames.com/taking-part/our-sports/dance