

SEND - Dance for Health and Flexibility

Course overview

This course follows on from the Movement for Health and Wellbeing, but you do not need to have done that course. Movement and exercise can help with low moods, anxiety, lack of sleep and self-regulation. When we move our bodies we have more energy, become healthier, have better joint movement and sleep better at night. But not everyone is comfortable with an exercise class or the gym. Dance can be an informal and invigorating way to bring more movement and exercise into our lives.

What will I study?

You will:

- Move to a rhythm
- Learn and do dance moves
- Increase your range of motion and fitness
- Put dance moves together to create a simple routine

Assessment method

- Take part in movement activities and discussions to confirm your understanding
- Self assessment of how your body is feeling
- Your tutor will give you verbal and written feedback throughout the course

Entry requirements

- Be able to take part in group discussions
- Be able to recognise signs & symbols
- Be able to follow instructions

What should I bring with me?

An A4 folder, A4 notepad and a pen. You will need loose clothing and trainers or soft shoes.

Key information

The course will involve local travel which the group plan.

Possible next steps

During this course, you will be given advice and guidance on other courses suitable for you and your personal goals.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



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