

ABCD

Any Body Can Dance - The Benefits of Dance in Schools & Colleges/Universities

We offer diverse and inclusive dance classes for children and young adults with so many great health and wellbeing benefits, and it's fun, it's friendly and a great way to keep active.

Dance classes can be delivered during term time and as an after-school activity, group classes prices are based on the number of classes each day, consistency of classes per term time and distance of venue, prices range from £70/£130 per hour.

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If you were interested in running a pilot project for your students, I would suggest we meet up with you and colleagues to discuss your vision and how this will reflect in a lesson plan and scheme of works.

Let us know at your earliest convenience how you would like to pursue this forward, look forward in hearing from you. (Making a case for dance in health & wellbeing).

For more information about our services please send us a message via our contact page or email us on info@cubanvibes.com

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Here are some of the benefits of dance for children:

- 1) Raises the level of physical coordination as well as improves posture and breathing.
- 2) Develops a sense of pride and achievement.
- 3) Develops a greater sense of social skills and raises confidence levels and mood.
- 4) Develops listening and concentration skills.
- 5) Learn discipline, as they have to memorise and demonstrate specific steps and listen to music.
- 6) Learn teamwork by having to work with other dance students towards a common goal.

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Responsibilities for Safeguarding and Child Protection

Safeguards are measures that an organisation should put in place to help reduce the risk of children, young people and adults being harmed.

Child protection is a part of safeguarding. It refers to the action taken to protect specific children from abuse or neglect. A child protection response may be necessary in any case where a child or young person under the age of 18 may have been abused or may be at risk of abuse.

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Responsibilities for Safeguarding and Child Protection

This should include policies, processes, procedures and measures to guide staff and volunteers in what to do if they are concerned that a child or young person may be at risk, and to empower children, young people and/or their families to seek help if they are worried about anything.

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Risk Assessment – 5 Step Guide

1. Identify the potential hazards
2. All the people who might be affected by the hazards
3. All the necessary safety measures needed to be taken to address the potential safety hazards
4. What existing safety measures are in place and what else could be put in place
5. What steps will be taken in an emergency

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Here are some useful Links when delivering classes for Children & Young Adults (The links can be found at the bottom of our Learning Hub Page).

Anti-Bullying Policy | Appropriate Communications | Setting Ground Rules | Conduct of Practice for dealing with Under 18s | Code of Professional Conduct and Practice for Teachers of Dance | Promoting an Inclusive Learning Environment | Promoting Equality & Diversity | DBS Clearance | Equal Opportunities Policy | Understanding Assessment in Education & Training | Music Licences | Reasonable Adjustments and Special Consideration Policy | Chaperones | Safeguarding Policy | Working with Children and Vulnerable Adults



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Cuban Vibes Dance School are trying
to get more young people and
children dancing through their ABCD
- Anybody Can Dance Programme.

Click the Links on our Learning Hub
Page which gives you more
information in Flip Book format.

