



# THE HEIGHTS JOURNEY

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Please find within, information regarding how our class structure/expectations change throughout your time with The Heights. We have only included year groups where significant changes occur, and please assume that, unless specifically mentioned, the expectations from the previous levels apply.

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# PRESCHOOL & RECEPTION

## WEEKLY LESSONS

For both Pre-School and Reception lessons are 1 hour long and are broken into sections to allow your little ones to experience the three main genres of dancing. Half an hour is dedicated to Ballet and half an hour is dedicated to Modern and Tap. Uniform is a Ballet dress worn for all genres along with Ballet and Tap shoes. All uniform is available for purchase through our online shop.

## SHOWS

All our Pre-School and Reception pupils take part in our annual school show in May/June. The rehearsal schedule is posted in Spring and costumes are hired from the Heights to keep costs down.

## EXAMS

In Reception pupils will normally take their first Ballet exam. This is a class exam meaning the teacher accompanies the group into the exam. Modern and Tap exams are first taken in Y2.



# YEAR 1

## SEPARATE WEEKLY LESSONS

In Y1, our pupils will have a 45 minute Ballet lesson and a 45 minute combined Modern and Tap lesson as opposed to the 1 hour combined lesson in Pre-school and Reception. This is to help us prepare for our annual School Show and introduce them to syllabus work for exams they will take the following year. Naturally this change does come with an increased cost but pupils can still attend twice a week (Wednesday & Saturday) with the second day of lessons for free.

## SHOWS

All our Y1 pupils take part in our annual school show in June. The rehearsal schedule is posted in Spring. To keep costs low, some costumes are purchased by parents for each pupil to take home and others are hired from us. The average expected cost of an individual costume is £40 depending on availability.

## EXAMS

In Y1 pupils will normally take their Primary Ballet exam. This is a class exam meaning the teacher accompanies the group into the exam. Modern and Tap exams are first taken in Y2.



# YEAR 2

## 3 SEPARATE LESSONS

In Y2 pupils will have a separate 45 minute lesson for each genre of dancing. This means that your child will have separate Ballet, Tap, and Modern classes to help us prepare for exams and our annual School Show. As the lessons now split into 3, this does naturally come with an increased cost but pupils can still attend twice a week (Wednesday & Saturday) with the second set of lessons for free.

## SHOWS

All our Y2 pupils take part in our annual school show in June. The rehearsal schedule is posted in Spring and costumes are purchased by parents for each pupil to take home. Pupils will perform one dance per genre they take. The average expected cost of each costume is £40 depending on availability.

## EXAMS

In Y2 pupils now prepare to take exams in all genres. So far they will only have done Ballet exams. All exams are taken as a 'class exam' meaning that the teacher accompanies the group into the exam.



# YEAR 3

## LESSONS TWICE A WEEK

In Y3 we ask pupils to attend lessons twice a week as they progress through the levels from class exams (where the teacher goes in with them) to grade exams (where they go in without a teacher). It also helps us prepare for our annual show as pupils will now be learning more complex choreography and going on stage without a helper. Two lessons a week helps us to make sure your child is ready for this change and will feel as confident as possible when it comes to exams and performances!

## SHOWS

All our Y3 pupils take part in our annual school show in June. The rehearsal schedule is posted in Spring and costumes are purchased by parents for each pupil to take home. Pupils will perform one dance per genre they take. The average expected cost of each costume is £40 depending on availability.

## EXTRA COST

Attending twice a week only costs £4 extra a week to cover all additional lessons (not per class)! This is because of our discount system for all classes from Y3+.



# YEAR 4

## NEW GENRES

From Y4, pupils have the opportunity to join new and exciting genres of dancing:

- **Beginners' Contemporary** - Contemporary dance combines elements of ballet, modern and lyrical dancing to create expressive movement. In these lessons, pupils are taught a mixture of free work, choreography, and set exercises to help them explore new techniques and develop strength and control
- **HATS DANCE** - a fun and upbeat class teaching choreography in the style of Musical Theatre to well known tracks from many beloved musicals

## EXTRA COST

All new genres take place on a Saturday morning, and each lesson lasts 45 minutes. Each new class is charged at £4.50 per lesson.

## LESSONS, EXAMS & SHOWS

All expectations regarding lessons, exams, and shows are as in Y3.



# YEAR 6

## NEW GENRES

From Y6, pupils have the opportunity to join new and exciting genres of dancing:

- **Commercial** - Commercial is a very modern styles including elements of street dance. Classes are fun and upbeat giving pupils chance to express themselves and explore new choreography, skills, and music styles.
- **Pointe Work Prep** - a class focused on developing the necessary strength, control, and safe technique prior to starting pointe work. This class is essential for any Ballet pupils wishing to go en Pointe in later years.

## CHANGING DAYS

In Y6, lessons move to a Thursday evening after school, starting at 4pm. School pickup from Hallam Primary School is not available on a Thursday but the hall is typically opened by a member of staff from 3:30pm so pupils can walk themselves round and wait inside for their lessons.

## EXTRA COST

Commercial takes place on a Saturday morning, and each lesson lasts 45 minutes. Pointe Prep is included on a Thursday evening. Each new class is charged at £4.50 per lesson.





# POINTE WORK

## POINTE PREP

In Y6, pupils will start having weekly Pointe Prep lessons. These are to help them strengthen the muscles in their feet, ankles, legs and core in order to establish safe dance practice once they are allowed en pointe.

## WHEN TO GET POINTE SHOES

In Y7 pupils will start with Soft-Pointes which are designed to strengthen their intrinsic foot muscles. From Y8, pupils can move onto full pointe shoes. We know getting pointe shoes is very exciting for a young dancer, however, this should not be until their teacher has stated that they are ready. This decision is not based solely on age but on pupil strength and stability in order to ensure their safety - please respect these decisions.

## WHERE TO GET POINTE SHOES

We will point you in the direction of suitable shops to book into for a pointe shoe fitting. Your first pair of shoes should always be bought after a proper fitting. We appreciate that pointe shoes can be expensive so please bear in mind that your daughter's feet may still be growing and consider the timing of your purchase.

## WHAT TO BUY

- a pair of pointe shoes, suitable for the pupil's foot shape and size (snug fit)
- ribbons to sew on to the shoes (you may also need to add elastics)
- Ouch Pouches or Lambs Wool to protect the toes
- suede covers for the ends of the shoes to prevent slipping (and glue to attach them with)

## STARTING POINTE WORK

We know girls will be keen to try out their new shoes but lessons will start slow and steady while they get used to the feeling of pointe shoes. We may suggest re-sewing ribbons or adding elastics if we think these adjustments will help the fit of your daughter's shoes.

## REPLACING SHOES

Once pupils have been dancing in their shoes a while, the shoes can start to soften and wear out. At a certain point they become unsafe - this is when we will suggest purchasing a replacement.

**We have a whole page in the Members' Area of our website dedicated to Pointe Work.**

# VOCATIONAL GRADES

## WHAT ARE THEY?

The Vocational Grades are accredited by Ofqual and include Intermediate Foundation, Intermediate, Advanced 1 and Advanced 2.

These examinations form a cohesive bridge between grade work and professional examinations to provide the basis for either a career as a dancer, or further training as a dance teacher.

## COMMITMENT

As distinct from the General Graded examinations, a greater degree of personal interpretation is encouraged as are the qualities of professionalism, commitment and focus, with the ability to manage a greater workload than that required for the General Graded examinations. Therefore, pupils are required to attend 2 lessons a week per genre and a certain level of independent practice, stretching, and strengthening is expected.

## FLEXIBILITY

Please be aware that at this age, the timetable may become more flexible to adapt to the requirements of the class. We would appreciate pupils to be understanding in adapting to any changes.

## SHOWS

All Vocational pupils take part in our main school show in May and have the opportunity to be considered for main parts in the Ballet. We are aware that this comes close to GCSE and A-Level exam times but we do encourage our pupils to take part in the show anyway to allow them a much needed break away from school work.

## COMMITMENT

As the oldest pupils in the school, it is expected that our Vocational students will set an example for younger pupils to follow. This includes having a positive and dedicated attitude to learning, maintaining a supportive atmosphere amongst classmates, and wearing correct and clean uniform with hair tied back as appropriate.