**Parent Tips**

**Year 9 – Aut 1**

**Safe Practice in Dance**

1. ***Watch this video for an introduction in Dance*** – This will aid knowledge of the context of the project ahead. This will also give you a clear understanding of the key terminology that will be used throughout before your assessment.

<https://www.youtube.com/watch?v=bWipyO7vA1o>

1. ***Explore BBC bitesize about the skills needed for Dance***– This will aim to develop your initial understanding about the skills needed to be safe and strong and gain a better understanding of the subject area in general. Main focus points that will be looked at are warm ups and cool downs and the need for these in dance. <https://www.bbc.co.uk/bitesize/guides/zgnn39q/revision/1>
2. ***Take part in this Video of a warm up and cool down***– This will aid the development of fitness levels ready for the physical skills assessment, but also to develop your knowledge about how to do this safely. <https://www.youtube.com/watch?v=CxgD9P-kMjE>
3. ***Recreate your own warm up and cool down and see if you can get everyone involved –*** This will aid confidence when developing your own warm ups and cool downs in class as this will be part of your final assessment for this project. Try to design different ways of warming up and cooling down that you can bring to class.
4. ***Watch this video on injury prevention***– This is to aid a greater knowledge about how to development the correct way to take care of your body and prevent any injuries.

[**https://www.youtube.com/watch?v=0QwFK-y2ebY&list=PLhCbb0x2BBIjpy9Y\_4W8zX4Xjuu0t3rsD**](https://www.youtube.com/watch?v=0QwFK-y2ebY&list=PLhCbb0x2BBIjpy9Y_4W8zX4Xjuu0t3rsD)