



Your Heights Journey



In Pre-School or Reception at The Heights...?

Here's what's new!

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 will be purchased for each pupil to take home.

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.

Any questions? Please contact us at heights4danceteachers@yahoo.com

In Y1 at The Heights...?

Here's what's new!

SEPARATE 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. Uniform for Ballet and Modern/Tap is now separate and can be purchased through our online shop. Pupils can still attend twice a week (Wednesday & Saturday) with the second set of lessons for free.

SHOWS...

All our Y1 pupils take part in our Annual School Show in May/June. The rehearsal schedule is posted in Spring and costumes will be purchased for each pupil to take home.

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.

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In Y2 at The Heights...?

Here's what's new!

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. 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 May/June. The rehearsal schedule is posted in Spring and costumes will be purchased for each pupil to take home. Pupils perform a Ballet, a Modern, and a Tap dance.

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.

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In Y3 at The Heights...?

Here's what's new!

EXTRA LESSONS...

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).

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!

SHOWS...

In Y3 pupils are given the chance to take part in annual school show in May/June. Attending twice a week helps us to keep up syllabus work whilst preparing for shows so that pupils feel confident in their knowledge of all aspects of their dancing.

EXTRA COST...

It only costs £4 extra a week to cover all additional lessons (not per class)!



Any questions? Please contact us at heights4danceteachers@yahoo.com

In Y6 at The Heights...?

Here's what's new!

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.

NEW CLASSES!

On a Thursday evening, Y6 pupils will take part in Pointe Preparation classes to strengthen their technique and their muscles ready to wear pointe shoes when they are older. Typically, pupils will move into soft pointes in Y7 and pointe shoes in Y8. Pupils can also expand into other genres by joining Contemporary classes on a Saturday.

LESSON TIMINGS

As before, lessons consist of separate Ballet, Modern, and Tap lessons each of 45 minutes.

Any questions? Please contact us at heights4danceteachers@yahoo.com

Introducing Pointe Work at The Heights



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
- 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.

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Vocational Classes at The Heights

WHAT ARE THE VOCATIONAL GRADES?

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.

CONDUCT...

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.

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