One Dance UK
Supporting Dance

U.DANCE First

Support Resource

Image credit: Linden Dance by One Dance UK, Dani Bower

INTRODUCTION

We are so pleased that you are providing a performance opportunity for children aged 5-11 years, helping to celebrate their dance successes and build their confidence.

This U.Dance First support resource, aims to provide you with guidance and support to be able to plan your performance opportunity easily and smoothly to suit your setting and facilities.

U.Dance is a national framework which celebrates youth dance in a non-competitive, inclusive environment. We want to ensure that, at every level, children and young people can achieve, be inspired, and aim higher in dance in a safe and inclusive environment. U.Dance First is a strand of the U.Dance framework, as a first step into dance and performance.

WHAT IS THE U.DANCE FIRST PROGRAMME?

U.Dance First is simply a way to provide dance performance opportunities for children aged 5-11 years and then celebrate their performance success with everyone!

WHAT MIGHT A U.DANCE FIRST PERFORMANCE LOOK LIKE?

This could be as small as one class performing a short dance to an invited audience made up of parents and carers, or even to another class. We encourage you to work within your setting and resources capacity, no matter how big or small, as we believe that all children's dance performance activity can and should be celebrated.

There is no limit either to how big the performance can be, so it might be that groups from other schools or community settings also take part or that the performance or event is organised by an out-of-school setting or organisation. In short, it might include 10 dancers or 1,000! The emphasis of the U.Dance First programme is on getting primary aged children dancing, but events that include a wider age range of young dancers are very welcome to register too.

DOES THE U.DANCE FIRST PERFORMANCE OR EVENT NEED TO TAKE PLACE ON A STAGE?

No! It can take place in a school hall, in a classroom (with enough clear space), or in an out-of-school setting space, as well as on a stage if you have access to one. Whatever space you use, we do suggest that it is suitable for the capacity of performers and audience and that it is a safe and suitable space for dance activity.

WHY SIGN UP TO THE U.DANCE FIRST PROGRAMME?

One Dance UK are here to support you with your performance or event and will help you to shout about your pupils' or participants' successes.

We will:

- provide a certificate for all those taking part
- provide resources to support the delivery of dance (see page 7)
- provide guidance about putting on a performance or event
- help you to shout about your performance or event by including it in a U.Dance First regular e-bulletin and on our social platforms
- signpost to useful resources

As the national support organisation for dance and Subject Association for dance in schools, the more we know about nationwide dance activity, the more we can champion and advocate for it. By registering your event with us, you will be helping us to build a clearer picture and are playing your part in celebrating the importance of dance!

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HOW TO REGISTER YOUR PERFORMANCE OR EVENT WITH THE U.DANCE FIRST PROGRAMME

1. Complete the **U.Dance First registration and performance/event information form**.

2. We will then get in touch with you via email to send you a link to supporting resources, the U.Dance First logo, and social media templates to help you advertise your event.

3. Once your performance or event has taken place, inform us about its successes, and we will shout about it in our regular U.Dance First news e-bulletin.

4. In return for sending us your performance data, we will post out celebration certificates for each participant. (All data provided should adhere to a clear GDPR policy).

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SOME IMPORTANT CONSIDERATIONS FOR YOUR PERFORMANCE OR EVENT

One Dance UK is committed to ensuring dance activity for children and young people is undertaken in a safe and inclusive environment.

Here are some important guidelines to help you plan for a safe and inclusive performance or event:

- your setting has a clear GDPR policy, which is adhered to.
- the performance or event is planned with safety in mind.
- the performance or event is fully inclusive for both participants and audience members.
- the performance or event will be non-competitive and all those taking part are celebrated.
- the performance or event will be well supervised with the correct ratio of adult to child supervision.
- first aid is available on-site and the setting's evacuation procedures are communicated with everyone attending and taking part.
- the creative content of the performance will be appropriate for a family audience.
- a robust safeguarding policy is in place: see our Planning and Delivering a Performance or Event for Children and Young People Support Guide on our website **here**.

Further guidance about running the performance or event can be found in our **Planning and Delivering a Performance or Event for Children and Young People Support Guide**.

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SAFEGUARDING

The performance or event, no matter how small, should have robust safeguarding procedures in place, demonstrating high standards of practice:

- ensure the Designated Safeguarding Lead is identified and is a point of contact for any concerns amongst all staff, participants and parents/carers.
- all staff involved should be trained in effective safeguarding practice and a safeguarding policy should be in place.
- this free safeguarding training: **One Dance UK, Safer Dance and High-Speed Training** is informative, and useful, for yourself or any adult supporting the performance, as additional guidance to support your safeguarding practices.

For further information about effective safeguarding see our **Planning and Delivering a Performance or Event for Children and Young People Support Guide**.

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SUPPORT FOR YOUR PERFORMANCE OR EVENT

One Dance UK will provide the following support:

- social media promotion of your event from our dedicated Comms team at One Dance UK, should you wish to advertise your event, which is not a requirement of registering with the programme
- a U.Dance First logo and use of logo guidelines, which can be displayed on your school or organisation website, on any posters or any social media posts, if you wish to promote the performance
- suggested copy examples for social platforms or the school website
- the opportunity for your performance or event to be shouted about and celebrated in a dedicated U.Dance First regular e-bulletin
- certificates for all participants
- a thank you postcard with links to advocacy resources for you as the organiser and for any other group leaders of visiting groups

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As well as all the above you will also be sent the following resources to support the delivery of dance, after completing the registration form and telling us a little bit about your performance:

- **CPD snippet 1: What is Dance?** A short 15-minute filmed session for dance teachers that includes an introduction to the ingredients that make up dance: Action, Space, Dynamics, Relationships. This short session includes a mix of practical and theoretical exercises that can be undertaken with children and young people.
- **Dance Games:** This brand-new resource, which can be followed by both specialist and non-specialist dance teachers, provides a selection of engaging activities designed to get pupils moving, creating and having fun in your dance lessons.
- **Simply Dance - Actions Lesson Plan:** This lesson plan is the first in a series of seven that form the 'Simply Dance - Actions' scheme of work designed to introduce and develop dance-specific knowledge and skills in pupils aged 5-6.
- **Dance in Schools Footwear:** This safe practice resource, focuses on the importance of bare feet for dance lessons in school. The resource includes specialist knowledge drawn from scientific publications, making it easy to embed the guidance into your risk assessment and safe practice policy.

WANT MORE? Become a member!

As a One Dance UK Teacher or Educational Establishment member you can access:

- **7 CPD Snippets for Dance Teachers:** bitesize learning for busy dance teachers! One Dance UK has designed a CPD programme that is easily accessible for our teacher members. This online programme features a series of short recorded CPD sessions available for members to access at a convenient time, throughout the duration of your membership.

  Each recording is approximately 15 minutes in length and designed so you can dip in and out during free periods, before or after school or whenever is convenient! The sessions cover the foundations of teaching dance in an education setting and can be applied to the full age range. Scroll down to view the library of snippets.

- **a Dance Teaching Starter Kit:** this is the perfect collection of resources to help you feel equipped and supported in your dance teaching.

  The starter kit includes:
  - Dance Games
  - Spotting Excellence in Dance
  - Dynamic Words
  - Action Words
  - 10 Dance Posters

- **the Simply Dance - Actions' full scheme of work:** this is a brand-new Scheme of Learning designed to introduce and develop dance-specific knowledge and skills in pupils aged 5-6. Created by Dance Education Specialist Claire Pring in collaboration with One Dance UK, this scheme focuses on the topic of 'Actions' and consists of seven detailed lesson plans with accompanying PowerPoints and music suggestions.

- **two more brand new Schemes of Learning:** 'Simply Dance - Dynamics' for pupils aged 7-8 and 'Simply Dance - Relationships' for pupils aged 9-10.

Members can access all the above and more much including recorded webinars with guest speakers, future live webinars, support from the Children and Young People's Dance team with any queries, and the regular Education Bulletin.

Find out about becoming a **One Dance UK member here.**

ADDITIONAL SUPPORT AND INFORMATION

1. One Dance UK, Safer Dance and High-Speed Training - Free safeguarding training
2. Become a licensed chaperone for child performers
3. GOV.uk Website - How to apply for an Enhanced DBS Check or Check for an employee
4. NSPCC Safer Recruitment
5. NSPCC Photography and Sharing Images guidance
6. NSPCC Safeguarding in the Performing Arts
7. DfE Out of School settings guidance

WHAT TO DO NEXT?

If you have any questions at all about U.Dance First or would like to have a chat about it then please get in touch via email at info@onedanceuk.org, with the heading U.Dance First and a member of the One Dance UK staff team will be in touch.

Start registering your performance today: See step 1 on page 4 of this support resource.

We really look forward to hearing about your performance opportunity and helping you to celebrate the wonderful and fabulous dance performance work by children and young people.

Join the U.Dance First programme today and provide that all important first step into dance!

One Dance UK

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