LLDD Health: Dance for Fun and Health

Course overview

This course follows on from the Movement for Fun and Health, but you do not need to have done that course. Movement and exercise can help with low moods and lack of sleep. When we move our bodies we have more energy, become healthier and sleep better at night. Not everyone wants to go to an exercise class or to the gym; dance can be a great, fun way to bring more movement and exercise into our lives.

What will I study?

You will:

- move to a rhythm
- learn and do some dance moves
- put dance moves together to create a simple routine

Assessment method

You will:

- take part in movement activities and discussions to confirm your understanding
- provide a self assessment of how your body is feeling
- get verbal and written feedback throughout the course from your tutor

Entry requirements

You should be able to:

- take part in group discussions
- recognise signs and symbols

- follow instructions

What should I bring with me?

An A4 folder, A4 notepad and a pen. You will need loose clothing and trainers or soft shoes.

Key information

Code	Date	Time	Location	Full Fee	Concessionary Fee
8715CP	Friday 23 April 2021 to Friday 9 July 2021	12.30pm to 2.30pm	Dagenham	£12.00	£12.00

Possible next steps

You will be supported to enrol on to the most suitable course for you following the successful completion of this course.

Contact us

Our friendly staff can give you further advice and support.

email: adultcollegeenquiries@lbbd.gov.uk

call: 020 8270 4722