

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. But 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. On this course we will

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

- Take part in movement activities and discussions to confirm your understanding
- Self assessment of how your body is feeling
- Your tutor will give you verbal and written feedback throughout the course

Entry requirements

- Be able to take part in group discussions
- Be able to recognise signs & symbols
- Be able to 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

Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams or via a remote learning pack.

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to the most suitable level course for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk

call: 020 8270 4722

