

WEA Course Information Sheet 2017-18



Course title: Movement and Dance		Course ID: C2339127
Start date: 22/02/2018	End date: 08/03/2018	Day(s)/time(s): Thu 13:00
Number of sessions: 2	Hours per session: 1	Tutor Julie Smith
Additional hours: 0	Specific funder/partner requirements:	
Awarding body (if any): Title of qualification to be gained:		Level: Level 1
Fee: £7.70 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):		
Venue: The Y, 7 East Street, Leicester, Leicestershire, LE1 6EY		
Theme(s): The WEA has four themes it uses for planning its provision. Employability – helping students to get a job or to make progress in their employment Health and Wellbeing – making a positive contribution to their own or others health and wellbeing Community Engagement – encouraging students to be positively involved in their communities Culture – learning about diverse cultures, identities and environments		
The Theme(s) used in planning your course is/ are:		
1. Health and Wellbeing 2. Community Engagement		

Course Aim

The Course is aimed at encouraging older people from diverse communities to use dance as part of protecting their health, having fun and engaging in community activity to combat isolation and loneliness.

Course Description

The classes will focus on posture which will help with all aspects of everyday life: self-confidence, body strength, balance, and general wellbeing.

Each class is based on a wide repertoire of gentle exercises which will keep you moving and improve flexibility, coordination, stamina and core strength.

Do I need any particular skills or experience?

- No skills or experience needed
- This course is for beginners
- Dance is an activity that everyone can participate in whatever age, physical fitness, or level of experience.

What will I achieve?

By the end of the course I will be able to:

1. Improve numeracy skills
2. Improve listening Skills

3. Improve flexibility
4. Improve Health and Well being
5. Work in a group and on my own

What teaching methods will be used and will there be work outside of the class?

- The WEA tutor will use a range of different teaching and learning methods and encourage you and the group to be actively involved in your learning

What kind of feedback can I expect from the tutor?

- A range of informal activities will be used by the tutor to see what you are learning which may include quizzes, question and answer, small projects and discussion
- You will have opportunities to discuss your progress with your tutor
- You will be encouraged to share your work with the group and discuss your learning
- You will be encouraged to consider other students work and give your opinions and suggestions
- A file of work will be kept which will help to record your progress
- There will be a number of tasks appropriate to your course such as written work, creating art or craft, video, photography or small projects. Some of these may be marked to help you progress

What else do I need to know? Is there anything I need to bring?

- Please wear loose fitting clothes.

Pre-course work, reading and information sources

- No pre reading or pre course work is required

Possible next steps after this course including career opportunities if appropriate

- Progress to another WEA course

You can read about your entitlements and responsibilities as a WEA student in our leaflet, Student Handbook here <http://www.wea.org.uk/learn-wea/student-support> This includes information on fees, learning support and financial support. As part of your course you accept a Learning Agreement. Full details of the Learning Agreement can be found on our website at <http://www.wea.org.uk/about-us/policies>. This applies to all courses you take in this academic year.

You can enrol online for some courses <http://www.wea.org.uk/learn-wea/course-search> or contact: WEA Support Services, Suite 10B Joseph's Well, Hanover Way, Leeds, West Yorkshire, LS3 1AB Tel: 0300 303 3464 Email: courseenquiries@wea.org.uk

