

WEA Course information sheet 2020-21



**Adult Learning
Within Reach**

Course title: Get Up and Dance		Course ID: C3746359
Start date: 30/01/2021	End date: 27/03/2021	Day(s)/time(s): Sat 10:00
Number of sessions: 9	Hours per session: 1	Tutor Suzanne Swain
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any):		Level: Level 1
Title of qualification to be gained:		
Fee: £28.80 or Free if you are in receipt of an income related benefit (only SFA funded)		
Accreditation Fee (if applicable):		
Venue: Online Learning, Online, ZZ99 9ZZ		
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

Get up, get moving, get smiling!

A dance based workout with high and low impact options. This course is for all abilities and Adults with Disabilities are very welcome.

Course Description

Get ready to dance around and have fun.

The lesson will include a warm up, stretches and a good all over work out based on dance moves to pop music.

The instructor will explain each move and dance through the workout with you.

Expect lots of fun and dance along at your own pace. High and low impact options will be available.

Do I need any particular skills or experience?

What will I achieve?

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

1. Feel energised after a fun workout
2. Build your fitness
3. Build your strength
4. Improve your coordination

5. Enjoy an end of lesson relaxation

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
- Classes will be delivered online via zoom.

What kind of feedback can I expect from the tutor?

- Lots of encouragement and help as you go.

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

- What you need: You will need an internet connection, speakers, a microphone and a webcam so that you can use our video learning platform, Zoom. If you'd like to understand more Zoom please visit: <http://bit.ly/ZoomSpec>
- Please wear loose comfortable clothing.
Sensible footwear or bare feet.
Make sure you have enough space to dance.
Dont forget a drink of water

Pre-course work, reading and information sources

- None.
- Just be ready to smile and have fun.

Possible next steps after this course (including career opportunities if appropriate)

- Progress to another WEA course
- More online dance and fitness classes will be available.

Learning with the WEA

WEA courses increasingly make use of the rich variety of educational tools and material available on the internet and from digital devices. The WEA's digital learning platform, Canvas will play an increasing role in all WEA courses to provide resources or support, or to conduct lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course. It is helpful, although not essential if you have access to a computer or smartphone to support your 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 our Learning Agreement and Privacy Notice. Full details of the Learning Agreement and privacy notice can be found on our website at <http://www.wea.org.uk/policies>. This applies to all courses you take in this academic year.

You can enrol online for most 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



Education & Skills
Funding Agency



European Union
European Social Fund

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