

Tips for dancing at home!

- **PERMISSION:** Make sure you have permission from an adult before taking part. Especially if engaging in interactive lessons including webcam.
- **VIEWING:** Students will be able to see better if they are using a laptop or larger screen in order to see their teacher well, so if you are able to spare a larger screen it would be great.
- **SPACE:** Make sure your dancer has adequate space to dance, free of obstacles and obstructions. Ensure the flooring is appropriate. You may need something in-place to act as a barre.
- **CLOTHING:** Dancers should be dressed in their uniform (alternatively leggings and a top) with their hair tied back. This is for health and safety and to help students get into the right mind set for dancing.
- **WARMING UP:** Please ensure you have warmed up before taking part in class. Please also make sure you cool down after too. Help with these can be found at the top of the online page.
- **OTHER:** Ensure you have water to hand and can easily ventilate the room if needed. .