

SUMMER TASK

DANCE

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In preparation for year one, you have some work to do over the summer.

TASK

In preparation for joining the dance course, I would like you to work on your practical ability:

- Flexibility – full splits on right, left and centre and leg hold on right and left
- Strength – hold plank for 1min30 and 10 full press ups
- Stamina – HIIT workouts
- Participate in online workshops – you can find these for free on Instagram, Facebook, YouTube etc

I know this may seem like a lot, but it will really help you and prepare you for your dance classes in September!

