



YEAR 9 DANCE ELECTIVE

We are thrilled to celebrate the incredible launch of our new **Year 9 Dance Elective!** Throughout this term, our students have stepped into the studio with enthusiasm, discovering how dance can be a powerful way to express joy, build community, and steward the amazing bodies God has given them.

Strength, Stamina, and Skill

Our practical lessons have been bursting with high-energy movement. Students are developing their strength, stamina, technique, and coordination across a variety of dance styles. More than just learning steps, they are growing in confidence and performance quality, learning to demonstrate creative expression.

Alongside their studio work, students have been exploring the incredible anatomy of the human body. They've investigated the major muscles and bones involved in movement, while studying the vital roles that nutrition, hydration, sleep, and injury prevention play in optimal performance. This holistic approach empowers our dancers to care for their health safely and effectively, treating their bodies with the respect they deserve.

Looking Ahead: Sydney Dance Company Excursion

The excitement continues into next term! Our students will be taking their learning beyond the classroom with an inspiring excursion to the **Sydney Dance Company**. They will participate in a professional dance workshop and attend a live contemporary performance.

This unique opportunity will connect our students directly with the professional dance industry,

sparkling fresh inspiration from some of Australia's leading artists.

We are so proud of our Year 9 dancers and look forward to seeing how they continue to grow in skill, health, and fellowship next term!

We would love to see more students join the dance elective in Year 9 in 2027.

Mrs Melanie Clarke

Senior School Teacher - PDHPE Coordinator
