

**DMIA DanceFit
(COVID Compliant)
45 Minute Lessons**

Years	Dance Syllabus	WA Curriculum Links- Health and PE	Free	Extras *
Primary and Secondary	Warm Ups Cool Downs Line Dances: Cha Cha Cha Jive Salsa Bachata	The Western Australian Curriculum: Health and Physical Education aims to develop the knowledge, understanding and skills to enable students to: <ul style="list-style-type: none"> • access, evaluate and apply appropriate information and resources to take positive action to protect, enhance and advocate for their own and others' health and wellbeing across their lifespan • develop and use skills and strategies to promote a sense of personal identity and wellbeing, and to build and manage respectful relationships • acquire, apply and evaluate movement skills, concepts and strategies to respond confidently, competently and creatively in a variety of physical activity contexts and settings • engage in and enjoy regular movement-based learning experiences and understand and appreciate their significance to personal, social, cultural, environmental and health practices and outcomes 	Access to online videos for classroom use	Online video Competitions

*Additional Cost incurred