

Course Description and Outline

Course Title	Belly Dancing: Beginners (Women only)		
Level of Course	Beginners	Course Code	A3737
Duration in Weeks	10		
Brief Description of Course What will the course cover?	During this course learners will learn how to demonstrate basic movements of Belly Dancing (like hip and chest lifts and drops, figure of eight etc.). Additionally, they will learn how to dance a particular routine in a specific piece of music and perform it in a group. You will learn the technical vocabulary used in this dance style. You will also develop musicality and spatial awareness by following different step patterns, dance sequences and group formations set to music with different time signatures and speed. References to the historical development of the style and its connection with other dance genres from different parts of the world, will be shared with you to support your understanding of the style and technique.		
Entry Requirements	It is not required to have previous experience in dancing if you wish to join this course. If you like this type of dance, you would like to work out the core and torso muscles and have fun, you are welcome to join.		
Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:			
1	Dance and stand holding a good posture;		
2	Learn the different types of basic hip movements (drops, lifts, circles, figure of eight);		
3	Learn the different types of basic chest movements (drops, lifts, circles);		
4	Dance while holding different arm positions and arm movements.		
5	Dance a specific routine that includes everything learnt in the classes to specific music.		
Equipment Required What will I need to bring to class?	A bottle of water, clothes that you feel comfortable with and you can move easily in and be prepared to dance bare feet or wearing socks or very soft shoes. A scarf to tie around your hips.		

What courses can I go on to?	Another Belly Dancing Beginners course to consolidate your skills and/or Belly Dancing Improvers.
-------------------------------------	---

What examination or assessment will there be and what will it involve?

There will be an initial assessment followed by on-going assessment of progress and achievement.

This course will also include:

- Structured opportunities for self evaluation;
- Use of video as a reflective tool;
- Peer observation;
- End of course feedback, evaluation and review.

How will I know I am making progress?
--

- You will have an individual learning plan to monitor your own progress.
- Verbal assessment by tutor at each class.
- Regular feedback from tutor and peers.
- You will gain more from the course if time is committed to it outside the classroom.

Is there anything else I need to know?

- In general, we will not allow late entry to any course after the first two weeks.
- You can express your views during the course and you can speak to your tutor at any time.
- There will be an evaluation form to complete at the end of the course.

What if I want extra support? Contact the Learner Support & Advice Team
--

The Learner Support & Advice Team can support learners achieve their education and employment goals. Information, advice & guidance is given on a range of issues including, financial support and support available for learners who are disabled and learners with learning difficulties, Come and see one of our experienced and friendly advisors who can help you make the next step. For further information, text **IDEA** and your name to **07950 080 341** or email **ideastorelearning@towerhamlets.gov.uk** and a member of the team will get back to you.

This is a brief description of the course content and is not definitive or exhaustive. The course content may be subject to change without notice however the details above are intended to give a picture of the types of activities which may be included on the course.

Course outlines provide a general summary of the contents and material to be covered during lessons. They are subject to change at the discretion of teachers to meet the needs of learners and should not be regarded as prescriptive lists of activities to be covered.

Course Outline V.3