

What is LEAP?



Dance Toolkit for
Primary Schools

A dance toolkit by **Pavilion Dance South West**, designed for **Primary Schools**, aiming to empower staff to confidently plan and deliver engaging dance lessons that support learning, wellbeing, and can be integrated into other subject areas.



The toolkit includes:

- One-day in-person training
- A clear, easy-to-use handbook
- Curated music playlist
- Set warm-up videos
- Movement break ideas and calming classroom activities
- Flexible format that can be adapted to any year or topic

Pilot Overview

From Nov 2024 to June 2025, we tested LEAP as an in-person training model—both as an **INSET day** and a **multi-school cohort session**. 27 primary staff (PE Leads & Class Teachers) from 6 BCP schools completed a 6-hour training day—either at Pokesdown Primary (INSET, Nov 2024) or at Pavilion Dance (Cohort, Feb 2025).

Selected staff then trialled the resource with students over a 3-month period.
Read the full case study [here](#).

Pilot Highlights

- * **100%** saw dance as **important** pre-training
- * **90% lacked confidence** to plan and deliver dance
- * **100% enjoyed** the training
- * **95%** left **confident** to plan and deliver dance

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"Pace was spot on - great active learning. An excellent resource to follow."

Emma Watts, Intervention Teacher, Pokesdown Community Primary

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In School Delivery Highlights

Out of 12 non-specialist staff who delivered dance during the pilot, 6 committed to planning and teaching a full 6-week unit — **100% completed it successfully**, and all reported they'll **continue using** LEAP in future lessons.

Participants also reported that they planned lessons for colleagues to deliver, and used the movement games as daily energy or focus breaks.

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“The Leap resource has made delivering dance less intimidating”

Natasha Wilder, Teacher at Pokesdown Community Primary

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How did these dance sessions make you feel?

Excited Confident

Anxious

Sweaty

Joyful

Calm

Fun

Happy

Energetic

Tired

Silly

Peaceful

Nervous

*top responses from 400 students

How LEAP Supported Staff

- Empowered and upskilled them to plan and deliver dance
- Provided easy-to-follow lesson planning tools
- Offered them freedom and structure
- Linked to their current curriculum topics
- Provided tools to support 60mins per day activity
- Gave guidance of how to create for a performance outcome
- Aligned with the National PE Curriculum
- Provided calming activities for use in the classroom

How LEAP Supported Students

- Reinforced topic learning & vocabulary
- Assisted their focus & social skills
- Supported physical and mental wellbeing
- Encouraged creativity & expression
- Gave every child a voice
- Shifted perceptions of dance



Funding LEAP Toolkit Training

Use your **PE & Sport Premium Funding!**

- ✓ Supports 60 minutes of daily activity
- ✓ Helps meet 2hrs/week PE target
- ✓ Trains teachers for **sustainable** delivery
- ✓ Promotes **equal access** to physical activity



External Coaches

Could cost: **£3,192** per year

Based on 7 dance units per year in a 3-form entry primary school

Vs

LEAP Dance Toolkit

One-time cost: **£325-£775**

Covers training for up to 30 staff

Aligned with Youth Sport Trust Indicator

- ✓ Increased **staff confidence & knowledge**
- ✓ More pupils **engaged in regular activity**
- ✓ PE becomes a tool for **whole-school improvement**
- ✓ Broader experiences in **sports & movement**

“The skills developed in dance not only nurture children’s creativity and wellbeing, they contribute hugely to support academic progress and success.”

Lyndsey Mekin-Hewitt,
PE & Engagement Lead,
Livingstone Academy

Booking Options

- * £325: book as **CPD training day** for 3 staff members, alongside other schools
- * £775: book as for your whole staff as an **INSET / team-building day**

To book or discuss LEAP dance toolkit training please contact Young People’s Producer, Amy Reynolds, amy.reynolds@pdsd.org.uk