

# What is LEAP?



Dance Toolkit for  
Primary Schools

A dance toolkit by **Pavilion Dance South West**, designed for **Primary Schools**, aiming to empower PE and classroom 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 OR twilight in-person training
- A clear, easy-to-use handbook & format
- Curated music playlist and supporting videos
- 'Prepare, Create, Share' framework
- Warm Ups, Movement Games, Creative Tasks and Centering/calming activities
- Flexible format adaptable to suit all learners

## Staff Training Options

### Targeted Staff Approach

One Day Multi-School COHORT  
**£325** - Up to 3 staff from your school take part in the training alongside staff from other schools, 8:30am-2:45pm, held at Pavilion Dance

### Whole Staff Approach

Your Staff only - Daytime OR Twilight training for up to 40x staff, held in school  
**£775** - one day 8:30am-2:45pm  
**OR**  
**£975** - 2x 'Twilight' CPD 3:30-5:30pm

## Training Highlights to date

- \* **100%** understood the **importance** of dance
- \* **90% lacked confidence** to plan and deliver dance
- \* **100% enjoyed** the training
- \* **95%** left **confident** to plan and deliver dance

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“A lot of take away moments, I liked that it was simple and something I could confidently introduce to our school. I think all KS2 staff in particular would benefit from this training...”

Darryl Brook,  
St Mary's Primary, Poole”

## Delivery - with Students

"The children took to the format so quickly and responded to it so well. Rockstars and Jungle were absolute winners with my class, engaging even those reluctant to dance initially. And the centering exercises helped so much with calm and focus that we use them in the classroom now at the beginning of the day, as well the Movement Games for daily movement breaks"

**Ali Melvin, Christchurch Juniors**

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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 do these dance sessions make the students feel?

\*top responses from 400 students

Excited Confident  
Sweaty Anxious  
Joyful  
Calm Fun Happy  
Energetic Tired  
Silly Peaceful  
Nervous

## How LEAP Supports Staff

- Provides easy-to-follow templates and lesson planning tools
- Offers both freedom and structure
- Links to topics / cross-curricular learning
- Provides tools to support broader school aims of inclusion and wellbeing
- Guides you to create a performance outcome
- Aligns with the National PE Curriculum
- Provides calming activities for the classroom

## How LEAP Supports Students

Focuses on creative, non-competitive movement to engage all students. Helps you improve access, inclusion, and wellbeing for girls, disabled children, those with SEND, and those from disadvantaged backgrounds. It supports movement breaks, and many of the tools can be used in the classroom to support focus and creative learning.



# Funding LEAP Toolkit Training

## Use your **Autumn '26 Transition Funding** for this training

- ✓ Supports **PE delivery, wellbeing & SEND**
- ✓ Closes the **inactivity gap**
- ✓ Closes confidence gap - **sustainable CPD**
- ✓ Improves **access & inclusion** to activity



### External Coaches

Could cost: **£3,192** per year

Based on a dance unit for each year group in a 3-form entry primary school

Vs

### LEAP Dance Toolkit

One-time cost: **£325 - £975**

Covers sustainable training for 3 - 40 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**

“

I have had a super training day with very clear instructions, modelled lessons and an excellent resource to take back to school.”

**Debra Carlson**  
St Walburga's School

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## Cost-Effective & Flexible Delivery

- \* £325: book as **CPD training day** for 3 staff members, alongside other schools
- \* £775-£975: book this training as a whole school approach **2x twilights or one day**

To book for the next CPD training day **Fri 8<sup>th</sup> January 2027** or to discuss training date options exclusively for your staff, contact Young People's Producer, Amy Reynolds, [amy.reynolds@pdsd.org.uk](mailto:amy.reynolds@pdsd.org.uk)