

TRANSCRIPT: Using dance

Katie Cornell

The group I was working with are a class group of varying abilities. They dance every week. I try to get their input as well, so that they create some of the movements and we incorporate that in some way, and we practice a dance and we keep adding on slowly, slowly and the key is the repetition - the practice, practice, practice.

I had a teaching assistant with them as well. She's quite keen on dancing. I think it's really important that any adults that work with them are part of the session as well, rather than standing on the side. So, they're there to give that support, as well.

They did a school production and they recently performed their dances for an old people's home and the residents loved it.

They tend to take to the dance very well and they remember it very well. I find that their confidence grows as well, and just their enthusiasm. I think it gives them the chance to express themselves and to also to show off a skill, really, because it kind of cuts through the disability and they all participate and do it to the best of their ability and I just think it's a really nice way for them to shine.