



Summer Enrichment



# A Level Dance

AQA 7237

<https://www.aqa.org.uk/subjects/dance/as-and-a-level/dance-7237>



# Critical Engagement

## [Romeo and Juliet - Matthew Bourne](#)

Matthew Bourne's company are performing R and J in Sadlers wells in August - WE WILL be studying this piece so go and see it!!!!

Buy a programme, and write up notes as soon as you have seen this.

Focus on themes - Choreographic Intent

Focus on Style - what does the movement look like ? what stands out ? what is impactful?

Obviously it goes without saying, see other work as well , but this is a gift to see it live!!

# Practical opportunities

[Trinity Laban Summer School](#)

[Rambert Summer School](#)

[The Place Summer School](#)

Above are links to summer schools at the London Conservatoires , you can pay for just 1 day or a whole week of high quality classes.

There are loads of other places in London and Hertfordshire as well.

**DO CLASS DURING THE SUMMER !!**

# Fitness

Get to the gym

Do some running

Do dance class

Go on Youtube and do some online classes

YOu need Cardio strength and leg and upper body strength, you will be dancing 3-5 hours a week , you need to pick up your fitness !!