



# DDMIX<sup>®</sup>

*for Schools*

## PRIMARY DANCE SCHEMES OF WORK

DDMIX Trust is a charity created by Dame Darcey Bussell DBE. DDMIX for Schools dance fitness for PE is an inspiring dance programme for primary PE that embodies wellbeing and gets every child moving in every lesson.

# AN INTRODUCTION TO DDMIX FOR SCHOOLS

DDMIX for Schools Dance Fitness for PE is a programme created for curriculum PE lessons. We provide Schemes of Work for EYFS, KS1 and KS2, along with staff training to enable every teacher to feel confident delivering straightforward, fun and active PE lessons.

The programme has been specifically created for children of primary school age from all backgrounds and abilities to have the opportunity to experience movement to music in an effective, simple and fun learning environment. Whilst it has been designed to be easy to learn, it is also easy to teach and fun for teachers to deliver themselves. Packages for EYFS, Key Stage 1 and Key Stage 2 are available online and include all the resources you need:

- Curriculum overview
- Lesson plans
- Bespoke DDMIX music
- Instructional videos
- Games and creativity elements

With the cultural diversity of the programme, students have the opportunity to learn about a variety of different dance genres from all over the world and from different decades in history. Through these many styles students not only discover the different ways they can move their bodies but also explore and develop their own creativity and skillset.

With wellbeing always at the forefront the EYFS and Key Stage 1 sessions are aimed at developing the key skills and elements of dance such as coordination, musicality, balance and spatial awareness, whilst introducing many themes which can be cross-curricular.

Progressing to Key Stage 2, students continue to develop their physical skills but are also encouraged to problem-solve, self-reflect and experiment through the exploration of the exciting and engaging DDMIX dance genres which include Japanese, Disco, African, Bollywood and many more.

Activities are used to introduce each genre/skill before sampling our straightforward DDMIX movements giving children creative confidence to make up their own sequences. The children remain high time on task, approaching movement without hesitation and enjoying exercise whilst learning new skills and creating their own ideas.



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**Energetic, inspiring  
and FUN!**

Holy Family RC Primary School, Cardiff, Wales.

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**The DDMIX programme includes  
EVERYBODY of all abilities.**

Upton St. James C of E Primary School, Torquay, England.

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# ABOUT THE DDMIX FOR SCHOOLS MENTORING PROGRAMME

DDMIX for Schools is continuing to grow and flourish nationwide as more schools discover our charity and the value of our programme. It has been very exciting and encouraging to see and hear it being enjoyed by both students and teachers and we aim to continue to support and expand the delivery of the DDMIX for Schools programme throughout the UK. We would also like to take this opportunity to conduct research to record the benefits of the programme and the 'behind the scenes' process of how the programme is rolled out by the staff in a new school. Schools participating in the research will in turn receive access to invaluable support and further teacher training through mentorship from a qualified DDMIX instructor.

We would like to discover in more depth how schools use the programme and where they may require further assistance highlighting areas that we can develop on the online portal. This research will provide case studies and evidence to support the success and benefits of the programme for both mental and physical wellbeing throughout the school. It will provide the key indicators and reveal the true process of how each school implements the DDMIX for Schools programme into their school day after completing their staff training.

We understand that not every school in the UK will take on an inset let alone receive this level of support, however we hope that the findings mean that we can be confident that we have taken all necessary steps to ensure delivery is as simple and straightforward as possible.

The mentoring programme will span six weeks, whereby after a initial 2-hour staff training session, a qualified DDMIX instructor will visit the school/s once or twice or week, depending on the amount of classes per year/stage, to demonstrate, deliver, observe and guide PE dance lessons following the DDMIX for Schools units of work. As the mentoring process progresses, we hope that the teacher will gain confidence and autonomy through their own delivery of the programme and the instructor can then support and advise where necessary, until their withdrawal from the school after 6 weeks. Further support via email and online catch-ups will still continue to be available as it is with all our member schools.

Through the sponsorship programme we hope to highlight the advantages of in-person mentoring alongside the implementation of the programme, with the aim to then replicate it in other clusters of primary schools nationwide fulfilling our aim to promote physical and mental wellbeing for both students and teachers.



# SCHOOL AND INSTRUCTOR SPONSORSHIP

## PACKAGE A: SPONSOR A SCHOOL: £2,990

### BASED ON 2 CLASSES PER YEAR GROUP:

- 2 hour in-person staff training: £350
- 6-weeks mentoring programme, 2 days/week (12 in total): £2,640

## PACKAGE B: SPONSOR A SCHOOL: £1,670

### BASED ON 1 CLASS PER YEAR GROUP:

- 2 hour in-person staff training: £350
- 6-weeks mentoring programme, 1 day/week (6 in total): £1,320

## PACKAGE C: SPONSOR A SCHOOL AND AN INSTRUCTOR: £4,750

### BASED ON 2 CLASSES PER YEAR GROUP:

- 2 hour in-person staff training, incl. instructor cost: £430
- 6-weeks mentoring programme, 2 days/week (12 in total) incl. instructor cost: £4,080

## PACKAGE D: SPONSOR A SCHOOL AND AN INSTRUCTOR: £2,590

### BASED ON 1 CLASS PER YEAR GROUP:

- 2 hour in-person staff training: £430
- 6-weeks mentoring programme, 1 day/week (6 in total) incl. instructor cost: £2,160

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# OUR RESOURCES

## Online Schemes of Work & Resources



“ Compatible with our children,  
curriculum and teachers

Sacred Heart School, Srulleen, Ireland

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# GIFT A SCHOOL

## ANNUAL SCHOOL MEMBERSHIP: £250

Online Access to:

- o Schemes of work
- o Music
- o Videos
- o Games
- o Additional resources
- o Staff training videos

## 2-HOUR IN-PERSON STAFF TRAINING: £350

- o An introduction to the Schemes of Work
- o A breakdown of a selection of genres
- o Delivery of key skill activities and games used in lesson plans
- o An opportunity to gain confidence in delivering the programme

## 4-HOUR IN-PERSON STAFF TRAINING: £550

- o Split into 2 x 2-hour sessions
- o An introduction to the Schemes of Work
- o A refresher session tailored towards the requests of the teachers
- o Focus on additional games and/or genres

## WORKSHOP FOR CHILDREN: (One Day) - from £220

A workshop enables the children to get a taster of the DDMIX for Schools programme, whilst providing a great opportunity for the children to be creative and empowered through simple and fun activities, both individually and as part of a group. With our great range of dance genres and styles to choose from, it's a fantastic way to explore a variety of movements and cultures but also a chance to link cross-curricular themes and projects throughout the different units.

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