**IDTA Level 3 Diploma for**

**Dance Teaching Assistants**

**Safe Dance Practice workbook**

|  |  |
| --- | --- |
| **Candidate name** |  |
| **Candidate PIN** |  |
| **Teacher’s name:** |  |
| **Teacher’s membership number** |  |
| **Examination Date:** |  |

**Contents**

Guidance on completing the workbook

Section 1 - Understanding the importance of health and safety

* Risk Assessment
* Responsibilities for younger students
* Posture

Section 2 – Understanding the importance of a healthy lifestyle

* Nutrition and hydration

Section 3 – Understanding your responsibilities as a dance teaching assistant

* Responsibilities as dance teaching assistant
* The IDTA code of conduct

**Guidance on completing the workbook**

This workbook sets out all the information you need to complete for your workbook. You do not need to complete any additional information for the workbook. Any additional information will not be considered by the examiner.

The workbook is structured into three Sections. You will need to provide information in each section and answer the questions. Do not exceed the number of pages (4 in total), for the workbook. The workbook may be typed or handwritten. Please print the workbook on white A4 paper, double sided if possible or single sided and staple. The teaching observation logs should be limited to one side of A4 (or two if required). The logs should be printed on A4 white paper, as above and attached to the workbook. Please retain a copy of your workbook and observation logs.

Please bring this workbook and 4 teaching observation logs with you to the examiner. You will be asked to present these to the examiner at the start of the examination. You will be asked to leave the room while the examiner reads your workbook and observation logs.

Please look at the Candidate Handbook for the Level 3 Diploma in Dance Teaching Assistants for more information on completing the sections of the workbook including guidance on each of the sections in this workbook and teaching observation logs.

**Section 1 - Understanding the importance of health and safety**

**1. Risk assessment**

Give three examples of potential risks in a dance venue and how you can resolve the risks.

|  |  |  |  |
| --- | --- | --- | --- |
| **What is the risk?** | **How likely is it that the risk will occur?** | **How important is it to resolve this risk?**  | **Who needs to take action to resolve the risk?** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**2. Responsibilities for younger students**

List two areas for which dance teaching assistants are responsible when working with younger students.

|  |  |
| --- | --- |
| **What is the area?** | **How do you ensure that students stay healthy and safe?** |
|  |  |
|  |  |

**3. Posture**

Give two examples of postural issues in a genre you have chosen and describe how the issue could be corrected.

**My genre is………………………………………..**

|  |  |
| --- | --- |
| **What is the postural issue?** | **How can it be corrected?** |
|  |  |
|  |  |

**Section 2 - Understanding the importance of a healthy lifestyle**

**4. Nutrition and hydration**

Give an example of good nutrition and an example of good hydration.

|  |  |
| --- | --- |
| **Example** | **Why is this important?** |
|  |  |
|  |  |

**Section 3 – Understanding your responsibilities as a dance teaching assistant**

5. List three responsibilities that you have as a dance teaching assistant

|  |  |
| --- | --- |
| **Area of responsibility** | **Why is this important?** |
|  |  |
|  |  |
|  |  |

**6. List three areas of the IDTA code of conduct and explain why these are important.**

|  |  |
| --- | --- |
| **Code of conduct area** | **Why is this important?** |
|  |  |
|  |  |
|  |  |