

Together We Move

A dance project for schools
delivered online, via
streaming and in classrooms



Stay Connected, Keep Moving

Hello

Our 4Motion Vision

We are collective of like-minded people who share a vision – to help schools stay **moving**, **connected** and **feeling positive**.

As a Community Interest Company (CIC), our mission is to create and deliver inclusive experiences that support peoples' physical and mental wellbeing. We deliver accessible classes, workshops, training and events that forge partnerships, unite people and celebrate communities.

Our Education Programme

We believe learning through moving and creativity is where ideas spark, confidence grows and learning thrives.

The 4Motion Education Programme aims to provide high quality, dynamic, engaging and inclusive learning experiences in a variety of educational settings.

"4Motion have helped our schools embed and feel empowered and confident to deliver dance and yoga throughout their curriculums and after school provision and they are one of our most sought after providers we work with. They make dance accessible for everyone, they enrich our schools programme hugely"

Partnership Manager
Slough School Sports Network

Together We Move



Join 4Motion CIC for their **Together We Move** inclusive dance project, a project designed for every age, ability and experience. **Together We Move** is a fun and upbeat dance choreographed and delivered by the 4Motion team.

The aims of the **Together We Move** project:

- **To lift the spirits of students and staff, supporting their physical and mental wellbeing**
- **To keep everyone moving, learning and having fun together through dance**
- **To help communities reunite after the pandemic**

The **Together We Move** dance can be delivered online, via streaming or within social distance guidelines in your school. The dance is taught in five 45-second sections; each section focuses on a different dance style, culture or theme. Your students will learn each section over a 6-week period, week 1-5 learning the five sections, week 6 bringing the dance together. All you need to do is learn the sections and fit them together like a jigsaw, then hey presto – you have a Together We Move dance!

Option 1

Taster Workshop

4Motion can deliver this project through a social distance visit to your school or via our 4Motion Online Community platform. This 1-hour taster workshop will introduce short sections of the Together We Move dance. A great way to get students and staff moving, having fun and reconnecting as a school community.



Option 2

6-Week Project

An experienced 4Motion teacher will deliver the Together We Move dance project over a 6-week period, either via our 4Motion Online Community platform or in your school. The 4Motion teacher will break down and teach a section each week, building on the choreography to support students to connect the dance together. Learning the dance over 6-weeks will build confidence, motor memory, improve fitness and create a great sense of achievement when the class perform together in week six.



**UNLIMITED ACCESS
TO STREAMED
VIDEOS**

Option 3

6-Week Project & Videos

Option 3 combines the 6-week project and includes six pre-recorded videos breaking down the dance into six sections. Each section will have a standing and seated option, demonstrating variations of the dance. Included in these videos will be specific warm up exercises and licensed music. You can use these videos at any time, learning the dance at your own pace at home or at school.



Contact us

www.4motioncic.com
hello@4motioncic.com



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4Motioncic

Head Office

4Motion CIC
Kardelton House
Windsor
SL4 1SE

Company Number 06005664
VAT Registered 244179794



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