



14 November 2007

Dear Student,

On 18th and 19th March 2008, Mount Grace School will be holding their annual Gym and Dance Display.

In preparation for this event, there will be gymnastics and dance rehearsals held in the school gyms on Wednesdays from 3:05-4:30pm. For a limited period, rehearsals will also take place on a Tuesday after school. Please ask staff for details.

This year's show is going to feature many gymnastics routines and dances choreographed by 6th Form students and the PE Department.

Various styles of routines have been planned, including the following:

Gymnastics

- ☆ A flight routines using trampettes
- ☆ A vaulting routine
- ☆ A basketball-based routine using trampettes
- ☆ A sports acrobatics routine featuring stunts and lifts

Dance

- ☆ A male-only dance based on basketball
- ☆ A remix dance featuring break dance, street dance, tap dance and contemporary dance.
- ☆ Jazz dances
- ☆ Hip Hop/Street dances

and many more!

All routines have been planned with a range of abilities and skill levels in mind so don't worry if you have had very little or no previous experience of dance and gymnastics.

Rehearsals are starting now for all of the above routines. Please ensure you come along to practices and try out all of the activities on offer!

Yours Sincerely

Mr Roberts

S. Easton

Miss Easton