

# Community, Schools & Education



## Curriculum-Linked Dance & Wellbeing Programmes (KS2–KS5)

Bring It To C.I.C is a Birmingham-based social enterprise using dance, fitness and creative practice to improve confidence, wellbeing and engagement for children and young people. We deliver curriculum-linked programmes, targeted mentoring and high-impact enrichment across KS2–KS5.

Format	Output
6–12 week schemes	In-class sharings, assemblies
Weekly lessons • enrichment days	filmed reflections, mini-showcases



## Scope

We design termly and half-term units that embed dance within PE, PSHE and cross-curricular themes (History, English, Citizenship). Sessions develop physical literacy, creativity and oracy while addressing confidence, teamwork and resilience. Each unit includes clear learning objectives, success criteria and optional assessment rubrics mapped to your framework.

## Deliverables

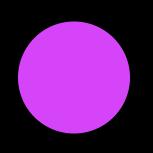
- Curriculum-Linked Dance & Wellbeing (KS2–KS5):** PE/PSHE units with clear learning objectives, success criteria and assessment rubrics. Cross-curricular links to History, English and Citizenship.

- Empower Her (Girls & Young Women 11–18):** Dance + discussion exploring identity, body image, leadership and rights & protection. Trauma-informed, voice-led, fitness-positive.
- Empower Him (Boys & Young Men 11–18):** Positive masculinity, discipline and choices via movement, rhythm and team drills; safe space to talk and move.
- Serious Violence & Crime Prevention (Creative Mentoring):** Targeted small-group/1:1 for pupils on behaviour/safeguarding plans—conflict de-escalation, perspective-taking, goal-setting.
- Alternative Provision & Secure Settings:** PRU/AP/FE/YOI delivery blending conditioning, creative tasks and reflective journalling; pro-social routines and rehabilitation pathways.
- Exam Support (GCSE/A Level Dance):** Technique, choreography, performance coaching aligned to exam boards; mock assessments and filmed feedback.
- Staff CPD & Co-Teaching:** Practical training in inclusive warm-ups, classroom management in practical spaces, SEN differentiation and trauma-aware practice.
- Assemblies, Enrichment & Theme Days:** Respect & Relationships, Online Safety, Anti-Bullying, Black History through Dance, Creative Careers, Movement for Mental Health.

#### **Delivery models**

- Taster/Assembly (60–90 mins) — single cohort or whole year.
- Enrichment Day (3–5 sessions) — rotating groups.
- Short Programme (6 weeks) — 1–2 groups.
- Term Programme (10–12 weeks) — multiple groups.
- Targeted Mentoring — 1–2 hrs weekly, 4–8 pupils or 1:1.
- CPD — 90–120 mins twilight/INSET.

*We co-design schedules around timetables, exams and space availability.*



## Outcomes & evidence

### **Outcomes & evidence (what you can expect)**

- ↑ Confidence, teamwork and self-regulation (baseline/exit surveys)
- ↑ Attendance/punctuality for targeted cohorts (register tracking)
- ↓ Behaviour incidents/exclusions during delivery windows
- Staff observations mapped to Ofsted “Personal development” and “Behaviour & attitudes”
- Student voice case studies, photo/video (where consented)

### **What your school receives**

- Session plans and risk assessments
- Consent templates & comms pack
- Attendance registers & safeguarding logs
- Baseline/exit surveys & teacher feedback forms
- Photo/video capture (where consented)
- **End-of-programme Impact Report (PDF)** with KPIs, quotes and next steps



## Case Study

Y9 girls, low confidence/attendance → **10-week Empower Her**: dance + leadership tasks, body-image education.

**Outcomes:** +15% attendance for the group; 82% reported higher self-esteem; behaviour points down 28%; staff noted improved participation in PE and PSHE.

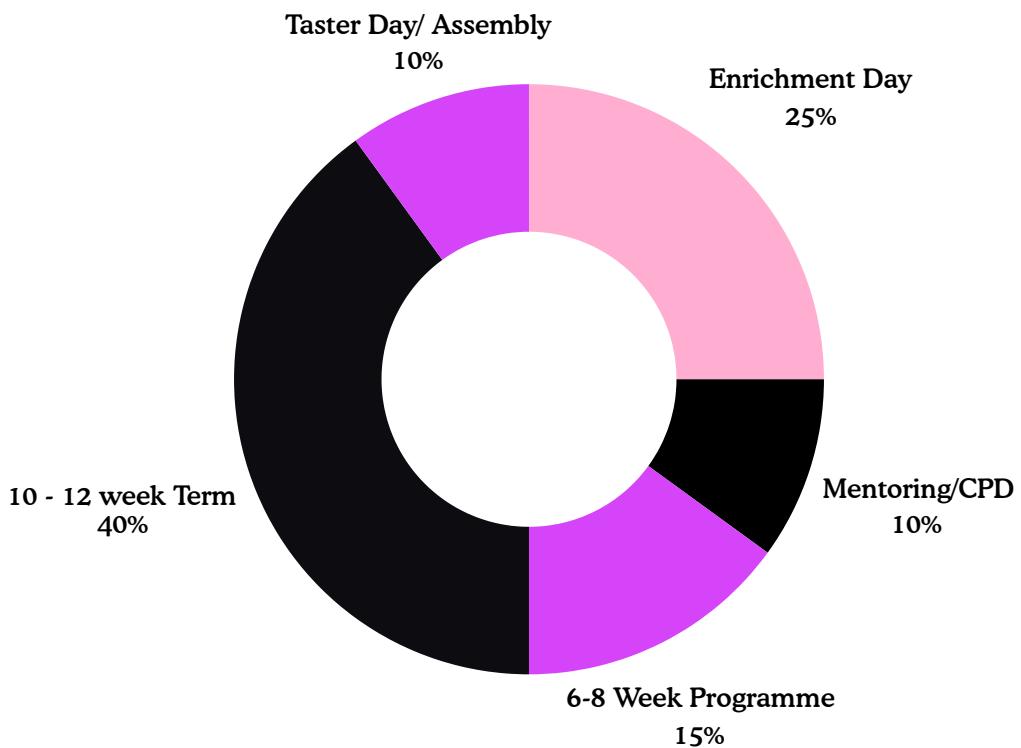


## Budget | Pricing Bands

**Typical pricing bands\*** (guide; we scope to your context & funding)

- Taster/Assembly: from £100
- Enrichment Day: from £125 (Half Day) £250 (full day)
- 6-Week Programme: from £450
- 10–12 Week Term: from £600
- Targeted Mentoring (weekly): from £40ph
- CPD (twilight/INSET): from £40 ph

*Multi-programme or MAT packages available. We can advise on funding bids.*





# Next Steps

## Quality & partnerships

Delivery across Birmingham & wider Midlands • Partnerships with theatres, sports venues and community organisations • Experienced team of artists, facilitators and safeguarding leads.

## Next steps (CTAs)

- **Book a Discovery Call (15 mins)**
- **Request the Schools Pack (PDF)**
- **Enquire about Funding Support**

Contact: [info@bringitto.co.uk](mailto:info@bringitto.co.uk) • bringitto.co.uk/community

*Bring It To C.I.C — registered Community Interest Company based in Birmingham.*



# Contact information

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