



Midhurst Rother College

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Part of United Learning

20 March 2024

Dear Parent/Carer

In my role as Head of Dance I wanted to clarify the standards of safe Dance practice here at MRC.

In an assembly today I spoke to all students in Year 8 who are currently having Dance in their PE curriculum. Like in other sports there are rules in Dance on how to execute specific actions in a safe way. Looking ahead into what is expected from students taking Dance as a GCSE, these rules and standards are part of how students are marked.

Therefore I would like to make clear to all students, parents and carers that the majority of dance lessons must be executed bare foot in order to prevent students slipping and/or falling, after a jump or turn, and injuring themselves. If your daughter feels very uncomfortable about that, we ask students either to buy the appropriate dance footwear (there are 2 options on these links) or we will provide plimssoles. To dance in socks is not safe.

[Healifty Half Sole Ballet Shoe Contemporary Pirouette Dance Lyrical Turning Shoes Dance Paw for Ballet Jazz Women Girls Size S \(Skin Color\) Ballet Socks : Amazon.co.uk: Fashion](#)

[flintronic Ballet Shoes, Canvas Dance Shoes, Leather Split Sole, Gymnastic Yoga Shoes, Ballet Slippers, Ballet Flats, Ballet Dance Shoes for Girls Women Kids Adult, Black-5 UK Adult: Amazon.co.uk: Fashion](#)

As Dance is back on the curriculum in Year 9, these shoes can be used again.

If you have any further questions, please do not hesitate to contact me directly cecile.rampton@mrc-academy.org

Yours sincerely

Mrs Cecile Rampton
Head of Dance