



## What are Dance Exams?

Most dance schools are linked with a **dance examination board** and follow a **dance exam syllabus**.

At Vision Dance Academy we study the **ADAPT Syllabus** for Tap and Jazz, and the **Cecchetti Syllabus** for Ballet. Both of these Syllabi are used to train professional dancers, and are also excellent for the recreational dancer.

By following these syllabi, it allows us to **follow a curriculum**, enabling our dancers to progress much further over the course of the year.

At Vision Dance Academy, dance exams are mandatory for all competitive students. Recreational students are welcome to take exams also.

## Why take Dance Exams?

It is beneficial for all children taking dance classes to follow a syllabus, as it helps develop “root structure”. This ensures that each child is building upon each step gradually in order to properly develop and train injury-free!

Although exams can be quite a **nervous time** for students, they are only doing what they have practiced every week, all year, in class.

Actually the **younger** they are to start doing exams, the better they become at **handling any pressure**, and preparing themselves, and less likely to get nervous than those starting at a later age. This skill also transfers into the “real world”, as it prepares children for stresses they may face later in life at school etc.

Taking an exam and passing gives the student a **wonderful feeling of accomplishment** and **satisfaction** in knowing they are improving each year. It also gives them a **certificate** to show for all their hard work.

As you (or your child) gets older and you apply for part-time jobs, college, university and full-time work, you can **include these dance exams on your resume**.

This will have a great effect of showing your **commitment and seriousness to an extra curricular subject**. They can also help give you the edge over other students if you are applying for any specialized school programs.