

DanceSA provides a dance class for children with disability.

Our D STARS dance classes are a 45-minute session and are formatted to include;

- warm ups
- skills building
- choreography construction
- dance games and play
- creative independence
- cool downs

Offering a mixture of dance styles in the one class, students experience a fusion of jazz, hip hop and contemporary with ballet fundamentals.

Students will perform 3 dance routines and a finale routine at an end of year performance

With nurturing and supportive teachers, a DanceSA class embodies a great atmosphere together with the excitement and energy of dance, in an environment which is safe, creative and fun.

Why teach creative dance for disability students?

Creative dance is a fantastic activity to teach as part of a physical education program for young people with disability. Dance lesson plans are easy to put together and can help meet a variety of goals for people with special needs. Creative dance can help:

- Build balance and coordination
- Increase muscle strength
- Increase muscle endurance
- Build flexibility
- Encourage team work, cooperation and group skills
- Develop an awareness of beat, rhythm and movement to music skills
- Develop an understanding of musical qualities and the relationship of music to emotion and mood

For about as long as there has been music, people have loved to dance to it. Dance is an integral part of the physical education curriculum, and it should be included for able-bodied as well as disabled students.



DanceSA and the NDIS

DanceSA provides classes for students with disability

The NDIS (National Disability Insurance Scheme) in Australia is a new way of providing support for Australians with a disability, their families and carers.

As an insurance scheme, the NDIS takes a lifetime approach, investing in people with disability early to improve their outcomes later in life. The NDIS gives all Australians peace of mind that if their child or loved one is born with or acquires a permanent and significant disability they will get the support they need.

The NDIS supports people with disability to build skills and capability so they can participate in the community.

There are three different types of plans that are available to families;

Self-Managed Plan

Participants have the option of registered and non-registered providers.

The participant gathers the invoice from the provider and pays directly.

Plan Managed

Participants have the option of using both registered and non-registered providers.

Plan and finance is managed by a representative of their choosing from an organisation.

Agency Managed Plan

Participants can only use NDIS registered providers.

DanceSA and the NDIS FAQ

Q. Is DanceSA a registered NDIS provider?

A. No we are not a registered provider.

Q. How are dance classes covered by the NDIS?

A. If a participant has funding for Capacity Building, then they can use dance as a means to achieve the goals they have set out and have been funded for. Students can use dance to overcome anxiety, build confidence, build friendships and for general physical and mental wellbeing.

Q. How can dance classes be invoiced through the NDIS?

A. Dance classes can be billed through the NDIS if you are self or plan managed. We can submit invoices on your behalf to your Plan Managed representative.