

## BBC School Report

Every year, Wales High School hosts movement evening. This is a dance show which most year 7, 8 and 9 girls take part in. Boys can also do routines and BTEC and GCSE dancers can take part and individual groups. This is hosted in a sports hall and around 200 teachers, parents and guardians watch the amazing performances.

There are two halves to the show, the first half is the dance show and for this half there are no mats and in the second the mats are brought on and the gymnastic routines start. Each year, the school gymnasts do a group routine at either the beginning or end where they do flips and tricks.

Mr Di'Lasio, the Head teacher, told us 'Movement Evening is one of my favourite nights of the school year. I am always so proud to see so many of our students performing in front of such a large audience. For some students, who dance outside of school, this is a chance to demonstrate that the hours of rehearsals have really paid off but for many students, this may be, the one chance in their lives to perform centre stage under the lights. For them especially this will create some memories that live with them forever, for parents or families this is just a moment for them to stop, take a break from the normal routines of the week and appreciate watching our children enjoy the pleasure of their performance and all that being part of this with their friends will bring'.

The last few weeks at Wales High School has been mayhem as everyone has had to learn their dances and sort costumes, hair and makeup. A year 8 dancer, cheerleader and gymnast said "I'm so stressed at the minute, I have four routines to learn that need to top

last year so I'm spending any spare moment dancing. In the week running up to movement evening I've been in the PE department at lunch and after school".

The primary school movement evening is on the Wednesday before and a year 10 dancer is dancing on silks hung from the ceiling of one of her performances and she is performing at the primary school show and the high school one.

On the Thursday all of the pupils performing go to a dress rehearsal where they run through the whole show. Most pupils go home after school but some stay and when pupils arrive at 6:30, they go straight into the gym where everyone does hair and make up and where everyone is during the show. Doors open at 6:30 in time for the show to start at 7 o'clock. At the end of the show, Mr Di'Lasio comes to the dance floor after the finale and thanks the teachers, the parents/guardians and the dancers for taking part. Then everyone goes home, and movement evening is over for another year.