NU MOVES DANCE STUDIOS

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Exam Handbook

For students and parents

We LOVE Exams!

At Nu Moves, exams are about so much more than a mark.

They give our dancers the opportunity to celebrate their progress, build confidence, develop performance skills and feel proud of everything they have achieved in class.

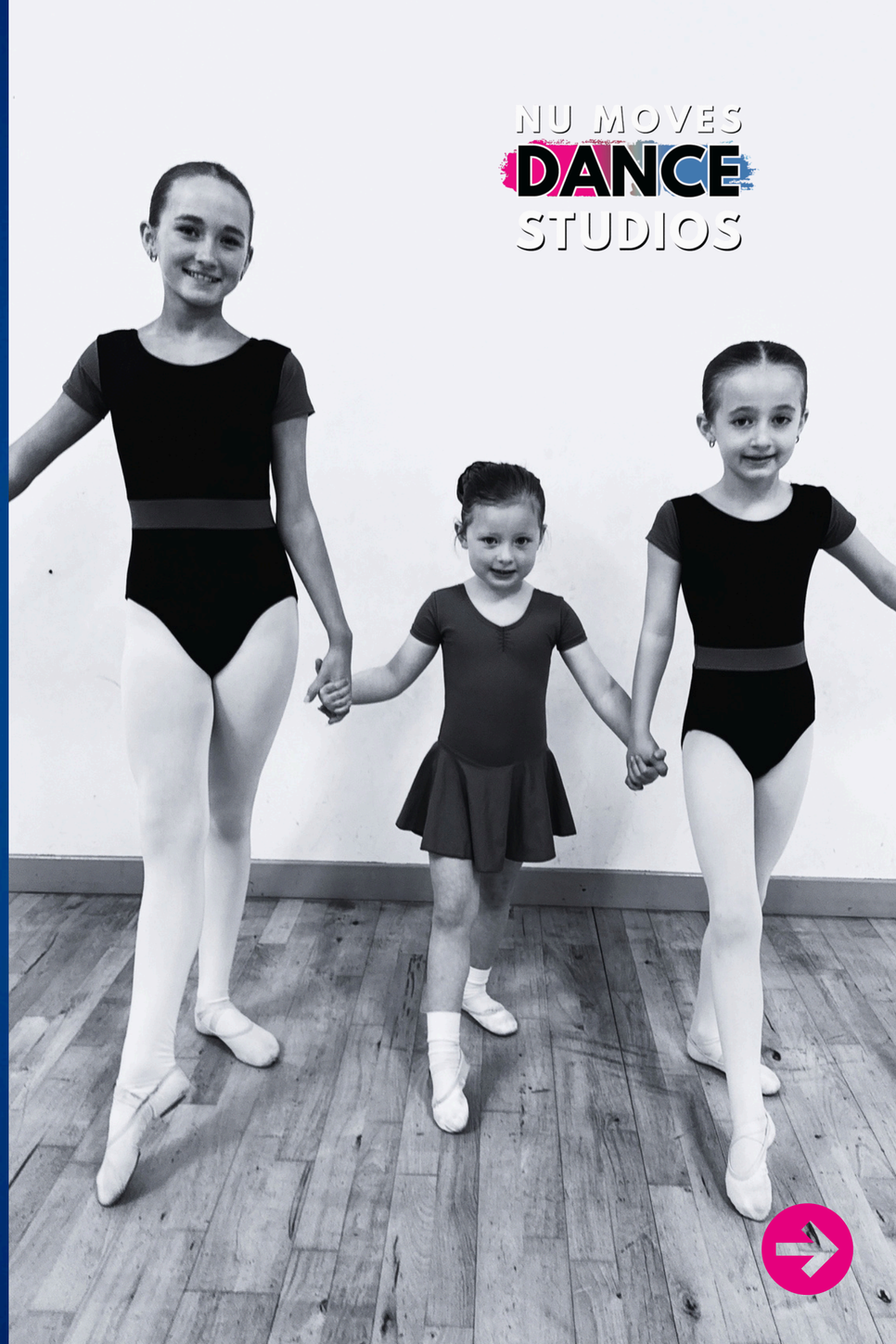
Working towards an exam also helps dancers develop valuable skills including:

- Confidence and independence
- Focus and commitment
- Goal setting
- Resilience and perseverance
- Performance skills
- Pride in their own progress

Progress, not pressure 💗

Every dancer develops at their own pace.
Exams give our students something positive to work towards, but our focus will always be on confidence, progress and enjoying their dance journey.

Students may be invited to take examinations and assessments when their teacher feels they are ready.
Every dancer develops at their own pace, and our aim is always to make exams a positive, rewarding experience.



How Exams Work

NU MOVES DANCE STUDIOS

Exam work forms part of our dancers' regular training, so students build their knowledge and confidence gradually in class.

IDTA

ACROBATIC ARTS
CREATING THE WORLD'S MOST TRUSTED ACRO PROGRAMS

When an exam session is approaching, teachers assess each dancer individually and will recommend an examination when they feel the student is ready.

Parents will receive full information in advance, including:

- Examination being taken
- Exam fee
- Entry deadline
- Uniform requirements
- Date and arrival time

Examinations take place with an external examiner, giving dancers the opportunity to demonstrate the work they have prepared.

Not every dancer will take an exam at the same time — and that's absolutely fine. Every child's progress is individual.



Exam Uniform

Looking smart and feeling prepared is an important part of exam day.

Dancers should wear the correct Nu Moves uniform for their examination. Please check all uniform, footwear, tights and socks well in advance and order anything required in plenty of time.

Hair

Dancers with long enough hair should wear it neatly secured in a bun unless advised otherwise for their examination.

Bun kits are available from the Nu Moves shop and contain everything needed to create a secure exam bun.

Bun Kits:

- Available in 2 colours – blonde and brown.
- Cost £2
- Kits include a bun net, hair tie, bun pins and hair grips
- Can be used again and again

Bun Tutorial



Exam Uniform:
Ballet

Pre-school & Beginner:

NU MOVES CAP SLEEVE DRESS (BESPOKE)

PINK BALLET SOCKS & PINK BALLET SHOES

CLICK HERE

Junior & above:

NU MOVES MACIE LEOTARD(BESPOKE)

PINK BALLET TIGHTS & PINK BALLET SHOES

CLICK HERE





NU MOVES DANCE STUDIOS

Exam Uniform:
Tap

Pre-school & Beginner:

NU MOVES CAP SLEEVE DRESS (BESPOKE)

WHITE ANKLE SOCKS & BLACK TAP SHOES

CLICK HERE

Junior & above:

NU MOVES ELSIE LEOTARD (BESPOKE)

TAN TIGHTS & BLACK TAP SHOES

CLICK HERE



NU MOVES DANCE STUDIOS

Exam Uniform:
Musical Theatre

All classes:

NU MOVES SPORTS COOL T-SHIRT

BLACK LEGGINGS

BLACK JAZZ SHOES

CLICK HERE



Exam Costs

NU MOVES DANCE STUDIOS

IDTA Rosette Award

£15

IDTA One Dance Team Award

£17

Bannerette

£5

A Bannerette can be purchased to display your child's Rosette badges as they progress through their IDTA Rosette examinations.





What Happens on Exam Day?

We want exam day to feel exciting, positive and well organised for every dancer.

Parents will receive an arrival time along with any final information before the examination.

Examinations usually take place individually or in small groups depending on the examination being taken.

Our team will be there throughout to support and encourage our dancers so they can enjoy the experience and perform with confidence.



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FAQ's

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How do I know if my child is ready for an exam?

Your child's teacher will assess their progress and recommend an examination when they feel they are ready.

Does my child have to take exams?

No. Exams are a wonderful opportunity to celebrate progress and achievement, but they are not compulsory.

How do I enter my child?

When your child is invited to take an exam, you will receive an email containing all the information you need.

How do I pay?

An invoice will be issued with the relevant payment deadline.

When will we receive the results?

Results are released once they have been processed by the examining organisation.