EDUCATION *Program*



INSPIRING CREATIVITY. BUILDING CONFIDENCE.
ENRICHING SCHOOL COMMUNITIES.

Motion
DANCE + FITNESS

WHAT *We Offer*

The Motion Education Program brings high-quality dance and performing arts experiences directly into schools, inspiring students through creative, engaging and inclusive learning opportunities.

Drawing on extensive experience in dance education, professional arts program leadership and school partnerships, our programs combine creative excellence with thoughtful educational design.

Through structured, age-appropriate learning experiences, students develop dance technique, musicality and coordination while building creativity, critical thinking, collaboration and confidence. Our programs encourage artistic expression, active participation and a lifelong appreciation of the performing arts.

Students are encouraged to celebrate their progress through informal sharings, school performances and eisteddfods, fostering a sense of achievement and connection within their school community.

Designed for schools. Inspiring for students. Convenient for families.

Delivered on-site and tailored to each school's timetable, Motion provides a seamless, professionally managed extracurricular experience for students, families and schools.



Motion

DANCE + FITNESS

ABOUT *Us*



PROFESSIONAL EXPERIENCE THAT MAKES A DIFFERENCE

With more than 12 years' experience delivering extracurricular programs in schools, Motion Dance & Fitness understands what makes a successful school partnership.

We combine high-quality dance education with reliable program management, creating an experience that benefits students, families and the wider school community.

PROFESSIONAL ARTS EDUCATION EXPERTISE

Motion Dance & Fitness is led by Justine Turner, whose extensive experience in dance education and program leadership includes four years as Learning Manager – Education & Advanced Training Programs at Sydney Dance Company.

This expertise informs Motion's approach to delivering high-quality, inclusive and engaging dance experiences for school communities.

THE IMPACT OF DANCE

Through engaging, age-appropriate dance education, students develop:

- Creative thinking and artistic expression
- Confidence and communication skills
- Collaboration and teamwork
- Coordination, musicality and movement skills
- Focus, discipline and perseverance
- Performance skills and a sense of achievement

Beyond the studio, these experiences foster personal growth, positive connections and a lasting appreciation of the arts.

VALUE TO YOUR SCHOOL

Delivered on-site and tailored to each school's timetable, Motion provides a seamless extracurricular experience, managing enrolments, payments and parent communication to minimise school administration.

Our programs:

- Enhance your school's creative arts offering
- Build students' confidence, creativity and teamwork
- Create opportunities for school performances and community engagement
- Provide convenient, on-site activities for families
- Reduce administrative demands on school staff

Schools We partner with

Motion Dance & Fitness proudly partners with schools to deliver high-quality, professionally managed dance programs that enrich the student experience.

- McAuley Catholic Primary School, Rose Bay
- Our Lady of the Sacred Heart Primary School, Randwick
- Holy Cross Catholic Primary School, Woollahra
- St Brigid's Catholic Primary School, Coogee



Celebrating Excellence in Dance Education

Our students consistently demonstrate creativity, dedication and performance excellence, achieving outstanding results at leading school dance competitions.

7 FIRST-PLACE AWARDS

Sydney Catholic Schools Eisteddfod

2022 - 2026

2026
- 1st Place – Lyrical Group, McAuley Catholic Primary School
- Highly Commended – Kindy - 2 Hip Hop Group, Our Lady of the Sacred Heart Primary School
- Highly Commended – Years 3 - 6 Hip Hop Group, Our Lady of the Sacred Heart Primary School

2025
- 1st Place – Lyrical Group, McAuley Catholic Primary School

2024
- 1st Place – Lyrical Group, McAuley Catholic Primary School
- 1st Place – Hip Hop, McAuley Catholic Primary School

2023
- 1st Place – Lyrical Group, McAuley Catholic Primary School
- 1st Place – Hip Hop Group, McAuley Catholic Primary School

2022
- 1st Place – Lyrical Group, McAuley Catholic Primary School

SYDNEY EISTEDDFOD – DANCE DAY

2024
- Highly Commended – Lyrical Group, McAuley Catholic Primary School

2023
- 2nd Place – Lyrical Group, McAuley Catholic Primary School

Beyond competition results, we celebrate every student's progress, confidence and joy in performing, creating positive experiences that extend well beyond the classroom.

dance ACTIVITIES



Classical Ballet
Kindergarten to Year 6

Developing technique, coordination, musicality and artistic expression through structured, age-appropriate ballet training.



Hip Hop
Kindergarten to Year 6

Energetic and engaging classes that build rhythm, coordination, creativity and confidence through dynamic choreography.



Lyrical Dance
Kindergarten to Year 6

Combining elements of ballet and contemporary dance to encourage expressive movement, musical interpretation and performance skills.



Jazz
Kindergarten to Year 6

Developing dance technique, coordination, musicality and confidence through energetic movement, expressive choreography and age-appropriate jazz training.



Musical Theatre
Kindergarten to Year 6

Bringing together dance, storytelling and performance to develop creativity, stage presence and self-expression.

fitness ACTIVITIES



Kids Pilates
Year 3 to Year 6

Developing core strength, posture, coordination and body awareness through structured, age-appropriate exercises.



Kids Yoga
Kindergarten to Year 6

Encouraging mindfulness, balance, flexibility and body awareness through engaging, age-appropriate movement activities.

What our School Communities Say

“Having worked with Justine and Motion Dance & Fitness for the past six years across two different primary schools, I cannot recommend them highly enough. Justine provides an exceptional dance program that is engaging, professional, and tailored perfectly to primary students. Every aspect of working with Motion Dance, from communication and organisation to the quality of the instruction has been outstanding. Our school community at OLSH deeply values the positive energy and skill they bring to our students."

-Nicole Jones, School Principal | Our Lady of the Sacred Heart, Randwick

“Motion Dance & Fitness continues to be an outstanding partner in delivering high-quality dance opportunities for our students at McAuley. Their teaching staff are highly skilled, supportive and deeply committed to nurturing confidence, technique and creativity. Communication is consistently excellent, with the team demonstrating flexibility and professionalism whenever schedule adjustments are required. The program achieves exceptional results, including securing first place in Lyrical Contemporary at the Sydney Catholic Schools Eisteddfod for four consecutive years, a testament to the calibre of instruction and the dedication of the students involved”

-Karen Blacklock, School Principal | McAuley Catholic Primary School

“My daughter absolutely loves the dance classes at McAuley. Having high quality dance classes and the convenience of these classes taking place onsite at the school, we couldn’t be any happier with the services of Motion Dance & Fitness at the school.”

-Parent | McAuley Catholic Primary School

LET'S WORK TOGETHER

Bring inspiring, professionally led dance education to your school.

We welcome opportunities to partner with schools to create engaging, inclusive dance programs tailored to their students and school community.



Motion
DANCE + FITNESS

Justine Turner
Director | Education & Program Development

W: www.motiondanceandfitness.com.au
E: info@motiondanceandfitness.com.au
M: +61416 020 072