

Our last ten years of delivery have shown us that *Experience It* is effectively contributing to three impact areas:

"I really enjoy dance, and I think that it is fun, inspiring and helpful. I forget all my worries and it helps me in other areas of the curriculum."

Year 4 Pupil

1. Curriculum attainment is supported through experiential, movement-based learning

Advances in neuroscience have supported our understanding of the significance of movement to learning. *Experience It* puts this new knowledge into practice, using movement and choreography to enhance cognitive learning. Through movement, imagination and connecting concepts to action, *Experience It* stimulates and enlivens the education process.

2. Wellbeing of children is supported through collaborative, creative, group practice.

Experience It is designed to support the psycho-social and emotional well-being of children across their school life. Multi-model sensorial input, enjoyment and collaborative, movement-based learning experiences combine to increase emotional literacy, positive learning outcomes and cross-curricular wellbeing.

3. Cultural life of the school is improved through high-quality, inclusive arts provision

Led by expert artist facilitators and supported by current research in cognitive neuroscience and developmental psychology, *Experience It* raises the profile of arts provision within schools and contributes effectively to systemic, whole-school well-being. *Experience It* has teachers' CPD embedded within it providing, skills to continue integrating experiential learning through choreography into their classrooms.

Early Years Foundation Study

A relationship between movement and cognition in early childhood is widely recognized; movement is an essential component for cognitive development in early years when neural networks are still forming, influenced less by genetics and more through experience. In EYFS, there is a critical window for optimizing brain development through movement. *Experience It* supports the EYFS areas of learning through multi-sensorial, physicalized experiences in movement and choreography.

"...your lessons are profound and beautiful. It helps them express what they are thinking or feeling about themselves or a topic... In Reception I hope to include elements of what I have learnt from you in my everyday practice." - Reception Teacher- Charlotte Sharman Primary School