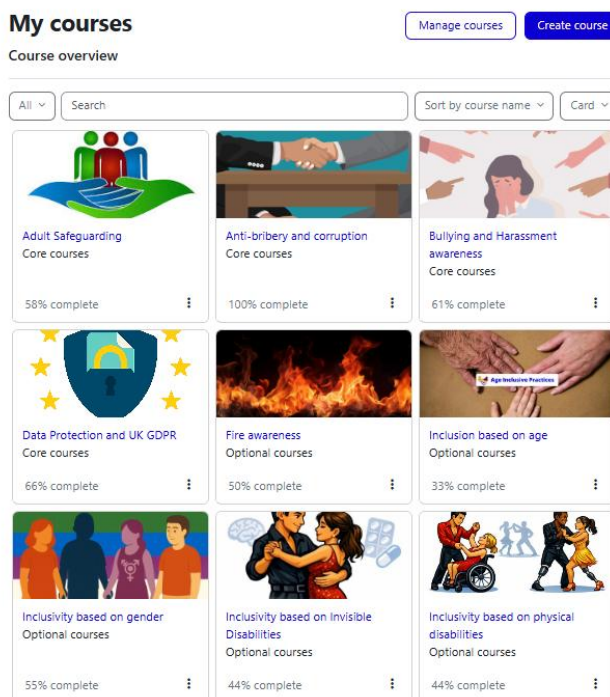




Course booklet



Information



MoodleCloud

sbk-teaching-standards.moodlecloud.com/login/index.php

Website

dance.sbkteachingstandards.org.uk

Email

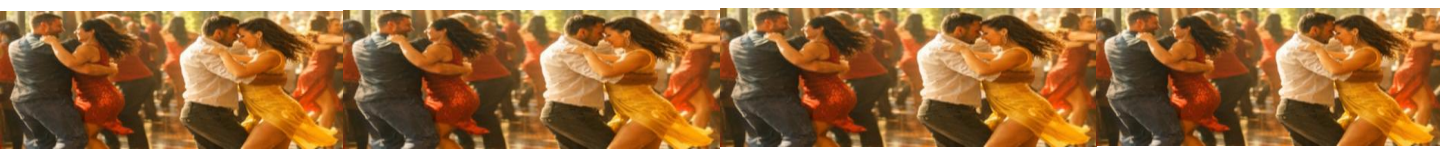
sbk-teaching-standards@outlook.com

Facebook

SBK Teaching Standards

Instagram

SBK Teaching Standards



Membership Options



For dancers or teachers who want to join the community or begin the pathway to becoming a teacher.

FREE



For assistant teachers or student teachers who want structured guidance, updates, and a clear route to certification.

£5/month + course costs



For teachers who previously met the standard, but whose certification has lapsed due to missing CPD, insurance, or renewal requirements.



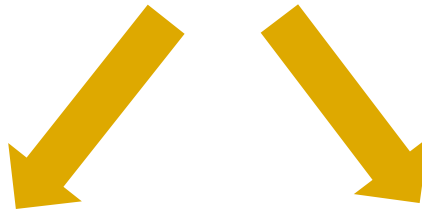
For teachers who are fully assessed, insured, up to date with CPD, and officially recognised in the public directory.

£10/month (all courses FREE)

How to become a certified teacher?



Complete 30 hours CPD
each year



Pass Core SBK Teaching
Standards Courses
10 hours
(or equivalent courses)

Any other form of CPD
20 hours

- Optional SBK Teaching Standards courses
- Observing others teach
- Workshops
- Completing research
- First Aid course
- Coaching or mentoring

If you are not sure, ask!

Send evidence to:
SBK-teaching-standards@outlook.com



Adult Safeguarding

Core Course

Supercharge your safeguarding confidence with a high-impact course built for today's SBK dance teachers.

In one dynamic programme, you will learn to spot concerns early, respond with clarity, and create lessons where every dancer feels safe, supported, and empowered. With sharp, practical guidance on legal duties, real-world scenarios, and reflective tools that elevate your professional judgement, this course keeps you ahead of best practice and at the top of your game.



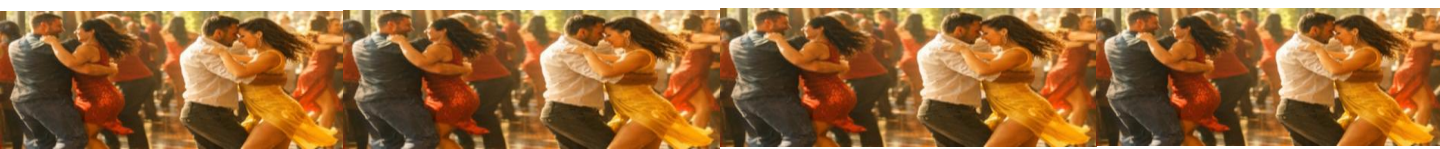
1 hour course

Lessons

1. Safeguarding in teaching
2. Legal and policy frameworks in dance
3. Creating safe and inclusive environments
4. Professional boundaries, consent and power dynamics
5. Recognising and responding to safeguarding concerns
6. Embedding safeguarding into dance curriculum
7. Reflective practice and continuing CPD in safeguarding

Two assessments: MCQ Test Document upload

80%
Pass
mark





Anti-Bribery and Corruption

Core Course

Energise your professional practice with this course that exposes how bribery and corruption creeps into the dance industry and shows you exactly how to stop it.

You will learn how to spot the warning signs, take confident action, and protect the integrity of your teaching, your organisation, and the wider sector. This is your toolkit for staying ethical, empowered, and ahead of best practice.

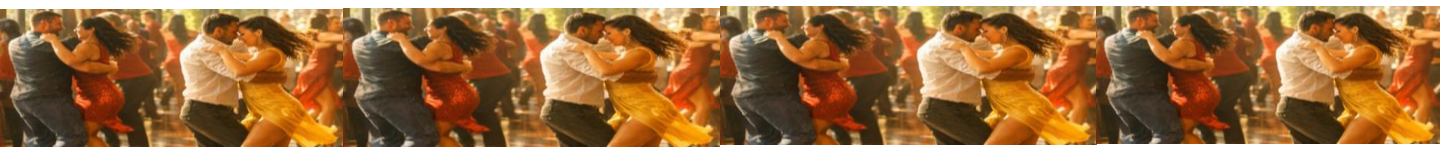
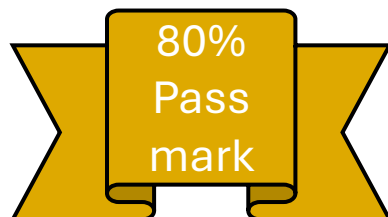


Lessons

1. What is bribery?
2. Spotting bribery
3. Consequences of bribery
4. Preventing bribery
5. Other types of corruption
6. Summary

1 hour course

One assessment: MCQ Test





Bullying and Harassment Awareness

Core Course

Ignite safer, more inclusive dance spaces with a powerful course that gives you the awareness to recognise, prevent, and respond to bullying and harassment in all its forms.

You will learn to spot damaging behaviours both in person and online, understand their impact on individuals and groups, and take confident, professional action when incidents arise. With clear guidance on your responsibilities as a teacher and practical strategies for creating a culture where everyone feels safe to learn, move, and thrive, this course equips you to lead with integrity and set the standard for positive dance environments.

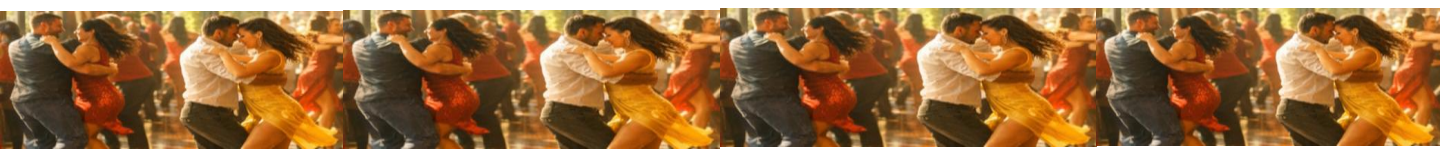
Lessons

1. Damaging behaviours
2. Bullying
3. Harassment
4. Discrimination
5. Victimisation
6. Effects of damaging behaviour
7. Dealing with damaging behaviour
8. Summary



1 hour course

Two assessments: MCQ Test Document upload





Health and Safety

Core Course

This course gives SBK teachers the real-world health and safety skills needed to run safe, inclusive and expertly managed classes, workshops and socials. From venue hazards and safe flooring to injury prevention, emergency response, welfare, consent and professional boundaries.

You will learn how to spot risks fast, prevent problems before they happen and handle incidents with calm authority. If you want to teach responsibly, protect your students and deliver high-quality dance experiences in any venue, this is the essential course.

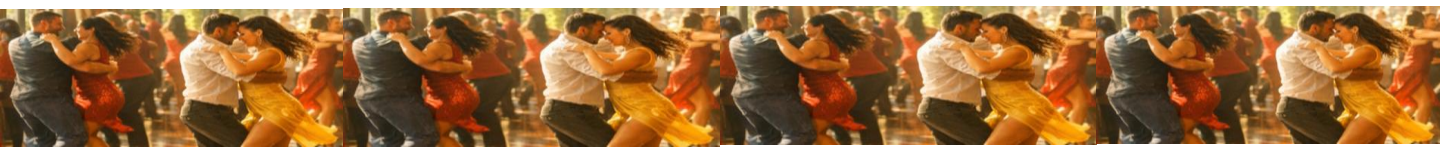
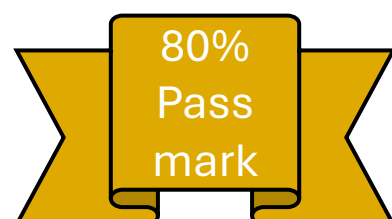
Lessons

1. Responsibilities and Legal Duties
2. Safe Dance Spaces
3. Venue Requirements
4. Physical Health & Injury Prevention
5. Health Emergencies & Incident Response
6. Welfare, Stress & Professional Practice
7. How to Produce a Risk Assessment



2 hour course

Two assessments: MCQ Test Document upload





Data Protection and UK GDPR

Core Course

Power up your data protection confidence with a course that transforms UK GDPR from a legal obligation into a practical, empowering part of your dance teaching toolkit.

You will learn to distinguish personal data from sensitive data, understand exactly who's responsible for what, and get crystal-clear on the rights of every learner you work with. Through real-world dance-sector scenarios, you will unpack the seven GDPR principles, explore the role of the ICO, and build the skills to apply compliant, ethical data handling in every corner of your professional practice.

This is your route to safer systems, stronger trust, and standout professionalism where you teach.

Lessons

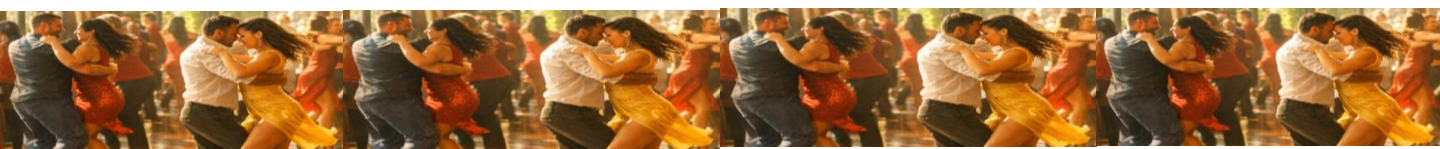
1. Introduction to UK GDPR
2. Personal and Sensitive Data
3. Lawful Basis for Processing Data
4. Roles and Responsibilities
5. UK GDPR Principles
6. Data Subject rights
7. Applying UK GDPR in practice
8. Data breach



1 hour course

80%
Pass
mark

Two assessments: MCQ Test Document upload





Insurance

Core Course

Get the essentials you need to protect your dance practice with this fast, practical course for teachers, studio owners and event organisers.

Learn why insurance matters, what policies you need, how risk assessment links to protection, and how real incidents from injuries to event disruption are handled in the real world. Walk away confident, compliant and ready to run safer, more professional classes, studios and events.

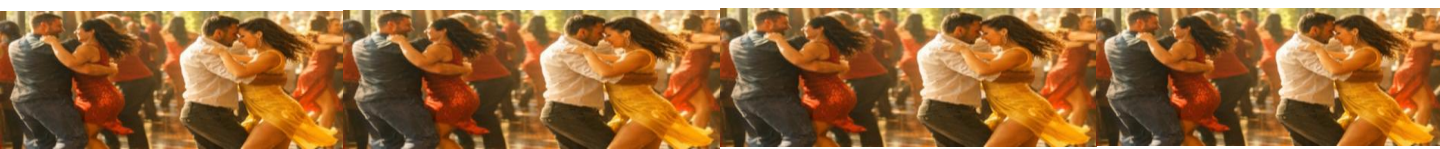
Lessons

1. Why Insurance is Required
2. Responsibilities
3. Types of Insurance available
4. Additional Insurance Cover
5. Case Studies



1 hour course

One assessment: Document upload





Mental Health Awareness

Core Course

Unlock essential knowledge that strengthens your confidence and transforms the way you support wellbeing in your dance community.

By the end of this course, you'll know exactly what good mental health looks like, how to recognise the most common mental health problems, and how to distinguish between depression, anxiety and stress.

You will sharpen your ability to spot early warning signs, understand the real impact of a healthy workplace, and master the five proven steps to mental wellbeing. This practical, empowering training is designed to elevate your teaching and create a safer, more supportive environment for every dancer you work with.

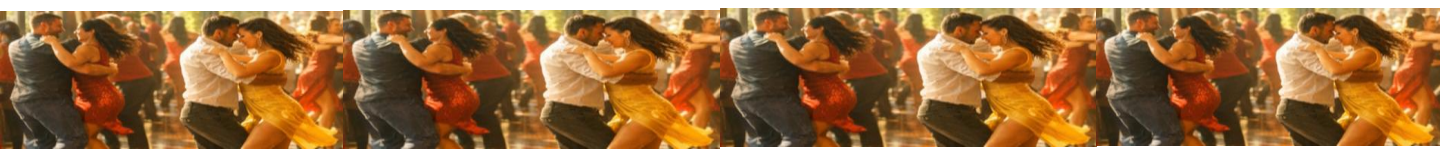
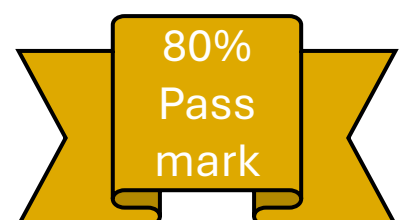
Lessons

1. Common mental health problems
2. Wellbeing in the workplace
3. Mental Health and Performance Psychology
4. Mental Health in Teaching Relationships
5. Burnout and Recovery in Dance Professionals
6. Body image and self-esteem in dance
7. Cultural Sensitivity
8. Resilience, mental toughness and ways to improve your mental wellbeing



3-hour course

One assessment: MCQ Test





Lesson Planning

Optional Course

Unlock the power to design lessons that truly build learning step by step.

By the end of this course, you'll know exactly how to structure teaching so that every stage—review, modelling, practice, and application—works together to create lasting understanding.

You will learn how to plan with purpose, sequence content for clarity, and adapt your approach to meet different learner needs. This practical, confidence-building training will sharpen your ability to design lessons that flow, engage, and achieve measurable progress—transforming the way you teach and the way your learners succeed.

Lessons

1. Rosenshine's Principles
2. Outcome-Based Planning Models
3. Structured Learning Design Models
4. Educational Framework's for Learning
5. Lesson Structure and Delivery Models



3-hour course

Assessments: Uploading 5 lesson plans





Fire Awareness

Optional Course

Boost your confidence and elevate your professional practice with this Fire Awareness course designed for dance teachers.

You will master the essentials: how fires start, the hazards most common in dance environments, and the safety measures that protect you and your learners. This course includes your legal responsibilities, key knowledge such as alarms, signage and fire doors, and the basics of fire extinguishers and safe evacuation. This course gives you the awareness to lead calmly, act quickly and keep every class safe - no matter where you teach.

1 hour course

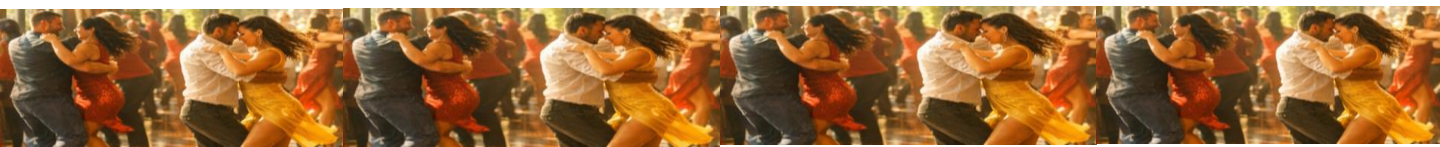
Lessons

1. Responsibilities
2. Causes of Fire
3. Inbuilt safety measures
4. Fire Extinguishers
5. Drills and procedures



One assessment: MCQ Test

80%
Pass
mark





Prevent Training

Optional Course

Kick-start your Prevent knowledge with links to two high-impact awareness course created by .GOV.UK designed for anyone working with the public.

You will get a clear introduction to what Prevent is, why it matters, and how it applies to your role, while learning to spot emotions and behaviours that may signal vulnerability to radicalisation and understanding the key risks and forms of extremism threatening the UK.

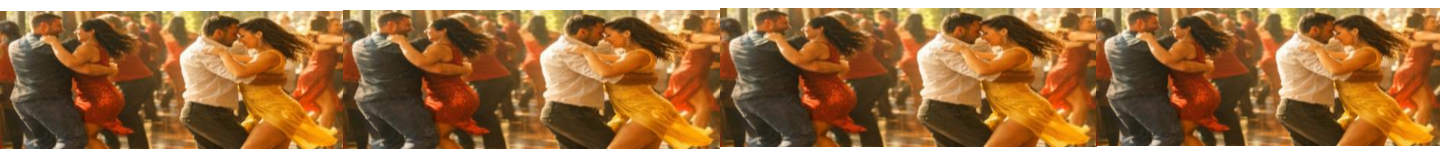
Sections:

- Awareness course
- Referrals course



1 hour course

One assessment: Proof of both courses' completion





Other courses – coming soon

Optional Course

Inclusivity by age

Inclusivity by gender

Inclusivity by culture

Inclusivity by physical disability

Inclusivity by invisible disability

Physiology of dance

Sexual harassment awareness

Psychology in teaching

Health and Dance readiness

Cognitive Science

Accessibility

Differentiation

Planning a curriculum

Safe Dance Environment

Managing Emergencies

Teaching methods

Communication

Assessment

Motivational Strategies

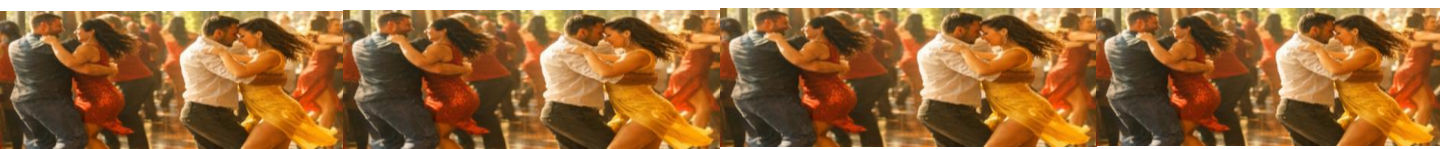
Classroom management

Managing behaviour

*Promoting engagement
and attendance*

Teaching Online

Teaching with Assistants





Course booklet