

STEP

•• In The Right Direction ••
with Anna Kennedy




Anna Kennedy
Founder - Hillingdon Manor School

CONTENTS AND RUNNING TIME

- Can be used as part of the National Curriculum for mainstream and special schools, after school and youth clubs, etc.



1. Introduction by Anna Kennedy	4:15	
2. Interviews		
2.1 Debbie Moore - Pineapple	2:15	
2.2 Jade Flannagan, Maggie Paterson and Anna Kennedy	5:59	
3. Tutorials		
3.1.1 Exercises and warm up 1:2:1 tutorial with Anna	2:53	
3.1.2 Exercises and warm up with Anna and Children	5:21	
3.2.1 Freestyle Disco 1:2:1 tutorial with Anna	3:29	
3.2.2 Freestyle Disco with Anna and Children	2:09	
3.3.1 Poppin' Lockin' Tuttin' and breakdance 1:2:1 tutorial with Jade	13:03	
3.3.2 Poppin' Lockin' Tuttin' and breakdance with Jade and Children	19:49	
3.4 Cool down with Maggie and Children	3:09	
4. Special Features		
Britain's Got Talent finalist - James Hobley		
4.1.1 Interview with Anna and James' Mum Sheila Hobley	17:29	
4.1.2 Interview with Anna and James	5:11	
4.1.3 James shows Anna some moves	3:14	
4.1.4 James' own routine	1:56	
Andrew Stone		
4.2 Andrew Stone working with the Children of Hillingdon Manor School	3:35	
5. Useful information		
5.1 MedicAlert	3:03	
5.2 Anti Bullying - Anna Kennedy and Childline	3:26	
6. Additional materials		
6.1 Information about useful downloads	0:48	
TOTAL RUN TIME - approx 102 minutes		

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