

**Guidelines for Video Submissions in Support of Applications from the
Following Programmes:**

**Certificate of Higher Education: Dance Education
Diploma of Higher Education: Dance Education
BA (Hons) Dance Education**

In order for the Programme Manager to ascertain your current level of dance skill please provide a video that shows you performing a solo of approximately 1 - 3 minutes duration in any dance genre (but not gymnastics). The solo does not need to be choreographed by yourself. The filming of the solo must be done in one, single, un-edited shot.

The performance should show your ability to perform at Intermediate equivalent standard through demonstration of:

- **Physical skill:** e.g. posture, weight placement, coordination, control, line, flexibility, elevations, balance.
- **Expression** e.g. musicality, facial expression, body expression, projection, focus (eyeline), dynamic qualities.
- **Appropriate challenge within the attempted choreography** to showcase Intermediate equivalency.

You should **label** the video clearly with the following information:

- Your name
- Your UCAS applicant number (if applicable)
- The title of the programme and year of entry (i.e. Certificate in Higher Education: Dance Education – 2026).

Accepted Formats:

- A link to an online video, uploaded to a website such as YouTube or Vimeo, preferably set as “private” or protected with password.
- A link to a cloud file sharing platform such as Dropbox, Filecloud or Google Drive (make sure login is not required to access the file).

Please ensure that the video is submitted to the following email address:

faculty@rad.org.uk