Left foot right, right foot left, Dance2bFit is getting LPS on their feet and the kids are dancing to the limit.

Dance2bFit is a six week dance program with each session lasting for 40 minutes. It’s high energy and fun and plays a selection of popular music.

Stage 3 student Gabby B commented that, “It is more fun than being in class working because you get exercise and it is fun to dance with your friends.”

Hip hop, cha cha and boom boom barnyard dances, are some of the moves everybody is dancing to.

Dance2bFit is a dance program designed to meet the New South Wales PDHPE syllabus to help students achieve the required Dance Outcomes while having fun!

By Kyle D and Blake B