



General Overview (August 2025)

Starpic Project delivers various activities as part of its after school/extra-curricular offer for people living in Niddrie, Bingham, Magdalene and the surrounding areas. Fun movement and dance classes are focused on fun, building confidence while creating transferable skills for the future. Classes are for children of all ages, from early years to secondary school. Where necessary, we split the children into more age-appropriate sub-groups. Starpic Project is an inclusive organisation, and everyone is welcome to get involved.

We are lucky to have a committed team of skilled and passionate individuals with extensive experience of delivering dance and movement classes to children. Although our coaches are not all formally qualified by a governing body they have a valid PVG and are trained to ensure the safety of all who attend. During classes they explore various dance and movement styles, combined with activities to improve balance and coordination. Our approach towards freestyle movement is fun and energetic, involving jumps, twists, shapes and sequences. As well as boosting strength and fitness, this kind of physical activity promotes memory, concentration and attention among children who participate.

Frequently Asked Questions

Here are some answers to questions that we think people might want to know about our dance and movement classes.

1. What are normal class ratios for your dance and movement ('gymnastics') provision?

We base ratios on 1 adult group leader to 8 children.

2. Are the instructors PVG'd and have they done any safeguarding training?

Yes, they must hold a valid PVG through Starpic Project and attend safeguarding training. Refresher training is also offered.

3. What equipment does Starpic use for classes?

We use basic school PE equipment, including floor mats, beam, springboard and more.

4. How many children typically attend classes, and are you happy with current ratios/numbers?

We have between 5-10 young people who attend fun movement and dance classes each Wednesday at Bingham Community Centre, term time. We are keen to grow these numbers, which is why we recently invested in new equipment.

5. Are the classes expensive?

Our classes cost £40 per month for a weekly session lasting 90 minutes. Where there are financial difficulties for families, we may be able to offer reduced class fees and have done so in the past.

6. Do you know of any other local examples of community-based fun movement and dance classes for children?

We are not aware of other fun movement and dance classes operating in the local area currently (i.e. combining dance, movement and equipment in the way that we do). There are some similar examples, but these are more geared towards dance and musical theatre or gymnastics.

7. What is the current level of experience of the group leaders?

One of our Bingham group leaders has attended dance classes since she was a toddler and has performed for around 8 years. Another has been a performance gymnast for around 8 years. Both bring a great deal of knowledge and skill to the delivery and are very experienced, despite not having any formal qualifications. They personally benefit from being part of the Starpic staff team. For several of our team, working with Starpic has offered an entry point into paid employment and a potential route for career progression in the sports sector. These kinds of pathways are extremely important for young people in the current economic climate.



8. Is there a standard qualification in gymnastics that you are meant to have in order to be a gymnastics coach?

Yes - a level 1 qualification is needed to teach gymnastics in a formal capacity. Our fun movement and dance instructors do not have this qualification, but that does not prevent them leading Starpic groups and classes. The qualification is not essential in this case. However, as with any formally accredited learning, it would be beneficial. It is certainly something we'd encourage our group leaders to pursue as and when the opportunity arises.

9. Do the kids receive any formal learning credits for completion of skills, or is it more informal than this?

There are no formal credits for the children other than an in-house certificate. This recognises the effort that children have put in and provides positive reinforcement. We have had good feedback from parents and children about our classes. After their first class, most of the children who try it out want to continue.

10. Do you state in your advertising that the coaches are trained and/or that the kids get learning credits for it?

We don't advertise that the coaches are formally qualified, however we do talk about delivery from our 'highly dedicated and experienced team' on our website: <https://www.starpicproject.co.uk/dance-project/>

11. Why is Starpic interested in providing fun movement and dance /or gymnastics classes to kids?

Chris, the founder of Starpic Project, is a qualified UKCC Level 2 coach through Scottish Gymnastics. His disciplines are: General Gymnastics, Men's Artistic, Pre-School and Freestyle, along with Level 1 judging. Chris is also a UKCC level 2 basketball coach, a qualified multi-sports coach and a qualified cycle mentor through 'Cycling Scotland'. He delivers sports and cycle mentoring for Edinburgh Active Schools.

Chris can provide mentorship to these disciplines and sports coaches who wish to pursue a career in coaching. This is another potential route for volunteers and young people looking to gain experience in coaching, which may lead to more paid work and other new career opportunities.

12. Why isn't Starpic registered as a gymnastics club?

If Starpic Project wanted to become formally recognised as a gymnastics club, it would need to register with Scottish Gymnastics. There is a cost for doing so. All coaches would then need to attend a coaching course. The level 1 course costs around £350. Progression to Level 2 is around £550 per coach. Courses take place over three days, with an additional day for assessment. The process is time consuming and quite expensive for clubs. Formally registered clubs would generally deliver multiple sessions per week for the same gymnastic group, with the potential to raise more income.

At present Starpic Project does not do enough fun movement and dance or 'gymnastics' provision to warrant us going down this route, although we wouldn't necessarily rule it out in future. At present our aim is to achieve a balanced provision of opportunities for children and young people. Over the next year or two we will be focusing our efforts on creating a new programme of provision at Bingham Community Centre, for which we acquired the lease in April 2025. This will include new groups and activities for adults living locally, as well as children and young people.