

SLDS UPPER SCHOOL UNIFORM LIST (updated May 2023)

After an initial period of half a term, your child must be wearing correct uniform.

Most uniform items and all dance shoes must be purchased from a specialist dance shop. 'Duo Dance' in Heme Hill is the closest - <https://duodance.co.uk/> 020 7274 4517. 'Dancia' in Covent Garden and 'Julienne' in Beckenham also stock some items of our uniform.

We hold second hand uniform sales at the studios usually at the start of each term, please visit our website or refer to newsletter for more information about forthcoming sale dates.

Please note:

- No jewellery is allowed (except small stud earrings when ears have just been pierced)
- Dance shoes should not be worn outdoors
- Please ensure your child's name is on each piece of clothing
- Body or hair oil should not be worn (it makes the floor slippery and dangerous)
- No pants should be worn underneath any leotard, biketard or catsuit - they look unsightly and spoil the line of the body
- SLDS sweaters can be ordered by contacting your administrator and they may be worn for warm ups in classes only (no other sweaters are permitted to be worn in classes, except option 1 dance crossover cardigan to match leotard colour)

PRE-PRIMARY BALLETT (II)

Option 1 (suggested for girls)

- ISTD 'Molly' style leotard by Roch Valley in lavender cotton lycra (**not RAD or Katz**)
- Roch Valley MATILDA style elasticated chiffon skirt in lavender - do not buy smaller than 22-24" as the length is too short - buy 22-24" and then sew tucks at the sides if it's too big for your child, to ensure it fits tightly on the waist, not hips.
- 'Nicky' style crossover by Roch Valley in lavender cotton lycra (optional)
- Ballet pink or skin tone ballet socks
- Ballet pink or skin tone leather full-sole ballet shoes with pink elastic

Uniform notes for option 1

- *If your child is very cold in the studio, they may wear ballet pink or skin tone seamless ballet tights - no other tights though please! We do, however, prefer ballet pink or skin tone ballet socks. Children should not wear socks and tights at the same time!*
- *Regarding the lavender leotard, please make sure the label is on your child's left when they put it on (i.e. the front 'scoop' is higher than the back which is the opposite way around to a normal vest)*
- *Vests and pants should not be worn under the leotard*
- *Hair which is long enough, should be neatly tied back in a classical ballet bun*
- *Any hair band should match the leotard and should be kirby gripped on otherwise the band will slide off*

Option 2 (suggested for boys)

- White tight fitting vest/T-shirt or leotard (must not have RAD logo)
- Black dance/cycling shorts (no pockets or padding)
- Short white ballet socks
- Black leather full-sole ballet shoes with crossed black elastic

Uniform notes for boys

- *Boxer shorts should not be worn under dance/cycling shorts (only tight pants)*

PRIMARY (I) TO GRADE 2 BALLET (including PRIMARY & GRADE 1 NATIONAL)

Option 1 (suggested for girls)

- ISTD 'Molly' style leotard by Roch Valley in lavender cotton lycra (not RAD or Katz). 'Older' girls in Grade 2 ballet may be asked by their teacher to wear a black cotton lycra leotard (own choice of style with THIN straps that are NOT crossed and has a built-in bra-lining) - we recommend **Capezio or Bloch leotards**. For students who are too small for the Capezio or Bloch leotards then we recommend **Tappers & Pointers Camisole Leotard** (Duo Dance stock these)
- Roch Valley MATILDA style elasticated chiffon skirt in lavender (*Primary only*) - do not buy smaller than 22-24" as the length is too short - buy 22-24" and then sew tucks at the sides if it's too big for your child, to ensure it fits tightly on the waist, not hips. Bigger children may need a larger size.
- Lavender ballet belt (*Grades 1 & 2*) (comes with leotard as standard)
- 'Nicky' style crossover by Roch Valley in lavender cotton lycra (optional)
- Ballet pink or skin tone ballet socks (*Primary & optional for Grade 1*)
- Ballet pink or skin tone non-convertible ballet tights, without seam, by Freed (*Grade 2 and optional for Grade 1*)
- Ballet pink or skin tone leather full-sole ballet shoes with ballet pink or skin tone elastic (*Primary ballet classes only*)
- Ballet pink or skin tone canvas split-sole ballet shoes with wide matte cream (ballet pink) or skin tone ribbons (*Grade 1 ballet upwards classes*)
- Circular National skirt - ask your administrator for information about how you can order a National skirt in the correct school colours for your child - please note that you may need to adjust the button/clasp on the National skirt so that it fits tightly on the waist, not hips (*Primary & Grade 1*)
- Black leather National shoes by Freed - low heel with button fastening for small feet and higher heel with buckle fastening for bigger feet (*Primary & Grade 1*)

EXAMINATIONS

- NEW ballet pink or skin tone satin full-sole ballet shoes with one piece of pink or skin tone elastic over the arch of the foot (*Primary ballet examination only*)
- NEW ballet pink or skin tone ballet socks (*Primary ballet examination only*)
- NEW ballet pink or skin tone canvas split-sole ballet shoes with wide matte cream (ballet pink) or skin tone ribbons (*Grade 1 ballet upwards examinations*)
- NEW ballet pink or skin tone non-convertible ballet tights, without seam, by Freed (*Grade 1 ballet upwards examinations*)

Uniform notes for option 1

- *If your child is very cold in the studio, they may wear ballet pink or skin tone seamless ballet tights - no other tights though please! We do, however, prefer ballet pink or skin tone ballet socks for Primary. Children should not wear socks and tights at the same time!*
- *Regarding the lavender leotard, please make sure the label is on your child's left when they put it on (i.e. the front 'scoop' is higher than the back which is the opposite way around to a normal vest)*
- *Vests and pants should not be worn under the leotard*
- *Hair which is long enough should be neatly tied back in a classical ballet bun*
- *Any hair band should match the leotard and should be kirby gripped on, otherwise the band will slide off*
- *If your daughter is in Grade 1 ballet plus and therefore has ribbons on her shoes, please make sure the knots are tight and tucked in properly as otherwise the ribbons keep coming undone in class which wastes so much valuable lesson time.*
- *Refer to the link below for how to sew on ballet shoe ribbons for Grade 1 ballet:*
https://www.youtube.com/watch?v=5_O3BuS0YZE
You can find the correct place to sew ribbons by folding forwards the back of the shoe and marking where the edge of the shoe meets the inside of the shoe (note - only fold forwards the part of the shoe that would go up the back of the heel towards the achilles, NOT all the way back from the suede pad). Before sewing, you need to burn the cut ends of the ribbons or double them over - if you sew over a raw edge, the stitches will work their way loose. Ribbons must be sewn on really securely as they take a lot of strain when dancing. If you are not sure then DON'T cut the ribbons any shorter than into 4 equal pieces to sew them onto the shoes.

Option 2 (suggested for boys)

- White tight fitting vest/T-shirt or leotard (must not have RAD logo) (*Primary only*)
- Black cotton dance/cycling shorts (no pockets or padding) (*Primary only*)
- Short white ballet socks (*Primary only*)
- Black leather full-sole ballet shoes with crossed black elastic (*Primary classes only*)
- White leotard (must not have RAD logo) (*Grade 1 upwards*)
- Black cotton dance leggings with soft buckle belt (*Grade 1 upwards*)

- Long white ballet socks (*Grade 1 upwards*)
- Black canvas split-sole ballet shoes with crossed black elastic (*Grade 1 upwards classes*)
- Dance support (if required)
- National shoes (*Primary & Grade 1*)

Uniform notes for option 2

- *Boxer shorts should not be worn under leggings or dance/cycling shorts (only tight pants or dance support if required)*

EXAMINATIONS

- **NEW WHITE** canvas split-sole ballet shoes with crossed white elastic

GRADE 3 BALLEET PLUS

Option 1 (suggested for girls)

- **Black cotton lycra leotard** - own choice of style with **THIN straps that are NOT crossed and has a built-in bra lining** - we recommend Capezio or Bloch leotards. For students who are too small for the Capezio or Bloch leotards then we recommend Tappers & Pointers Camisole Leotard (Duo Dance stock these)
- **Black cotton lycra crossover** (optional)
- **Ballet pink or skin tone non-convertible ballet tights, without seam, by Freed**
- **Ballet pink or skin tone canvas split-sole ballet shoes with wide matte cream (ballet pink) or skin tone ribbons**
- **Ballet pink or skin tone Pointe shoes with wide matte cream (ballet pink) or skin tone ribbons (*when required*)**

Uniform notes for option 1

- *Pants should not be worn under the leotard*
- *Hair which is long enough, should be neatly tied back in a classical ballet bun*
- *If your child is in Grade 1 ballet plus and therefore has ribbons on their shoes, please make sure the knots are tight and tucked in properly as otherwise the ribbons keep coming undone in class which wastes so much valuable lesson time.*
- *Refer to the link below for how to sew on ballet shoe ribbons:*
https://www.youtube.com/watch?v=5_O3BuS0YZE
You can find the correct place to sew ribbons by folding forwards the back of the shoe and marking where the edge of the shoe meets the inside of the shoe (note - only fold forwards the part of the shoe that would go up the back of the heel towards the achilles, NOT all the way back from the suede pad). Before sewing, you need to burn the cut ends of the ribbons or double them over - if you sew over a raw edge, the stitches will work their way loose. Ribbons must be sewn on really securely as they take a lot of strain when dancing. If you are not sure then DON'T cut the ribbons any shorter than into 4 equal pieces to sew them onto the shoes.

EXAMINATIONS

- **NEW** ballet pink or skin tone canvas split-sole ballet shoes with wide matte cream (ballet pink) or skin tone ribbons
- **NEW** ballet pink or skin tone non-convertible ballet tights, without seam, by Freed
- Clean ballet pink or skin tone pointe shoes, plus a spare pair (*Grade 6 plus examinations*)

Option 2 (suggested for boys)

- **White leotard** (must not have RAD logo)
- **Black cotton dance leggings with soft buckle belt**
- **Long white ballet socks**
- **Black canvas split-sole ballet shoes with crossed black elastic**
- **Dance support**

Uniform notes for option 2

- *Boxer shorts should not be worn under leggings (only a dance support)*

EXAMINATIONS

- **NEW WHITE** canvas split-sole ballet shoes with crossed white elastic

PRE-PRIMARY TAP (III), PRIMARY TAP AND PRIMARY MODERN (III)

Option 1 (suggested for girls)

- ISTD 'Molly' style leotard by Roch Valley in lavender cotton lycra (not RAD or Katz)
- 'Nicky' style crossover by Roch Valley in lavender cotton lycra
- Ballet pink or skin tone ballet socks
- Tappers & Pointers black tap shoes with velcro fastening and standard ball and heel taps
- Bare feet for modern

Uniform notes for option 1

- *If very cold, students can wear ballet pink or skin tone tights but must be convertible (i.e. feet can pull up over ankles) so can have bare feet for modern*
- *Regarding the lavender leotard, please make sure the label is on your child's left when they put it on (i.e. the front 'scoop' is higher than the back which is the opposite way around to a normal vest)*
- *Vests and pants should not be worn under the leotard*
- *Long hair should be neatly tied back in a pony tail or ballet bun*
- *Any hair band should match the leotard and should be kirby gripped on otherwise the band will slide off*
- *Any hair elastic should match hair colour*

Option 2 (suggested for boys)

- White tight fitting vest/T-shirt or leotard (must not have RAD logo)
- Black dance/cycling shorts (no pockets or padding)
- Short white ballet socks
- Capezio Tic Tap Toe or Bloch lace up black tap shoes

Uniform notes for option 1

- *Boxer shorts should not be worn under dance/cycling shorts (only tight pants)*
- *Vest/T-shirt must be ironed and long enough to stay tucked into shorts when arms are lifted up above the head*

GRADE 1 TAP AND GRADE 1 MODERN

Option 1 (suggested for girls)

- ISTD 'Molly' style leotard by Roch Valley in lavender cotton lycra (not RAD or Katz)
- 'Nicky' style crossover by Roch Valley in lavender cotton lycra (optional)
- Ballet pink or skin tone ballet socks
- Katz 'buckle bar' or Bloch Velcro strap non-leather tap shoes in black with teletone ball and heel taps
- Bare feet for modern

Uniform notes for girls

- *If very cold, students can wear ballet pink or skin tone tights but must be convertible (i.e. feet can pull up over ankles) so can have bare feet for modern*
- *Regarding the lavender leotard, please make sure the label is on your child's left when they put it on (i.e. the front 'scoop' is higher than the back which is the opposite way around to a normal vest)*
- *Vests and pants should not be worn under the leotard*
- *Hair which is long enough, should be neatly tied back in a style suitable style for tap and modern dancing*
- *Any hair band should match the leotard and should be kirby gripped on otherwise the band will slide off*
- *Any hair elastic should match hair colour*

Option 2 (suggested for boys)

- White tight fitting vest/T-shirt or leotard (must not have RAD logo)
- Black dance/cycling shorts (no pockets or padding)
- Short white ballet socks
- Capezio 'premier' tap shoes in black (note - the boys Primary level tap shoe (Capezio Tic Tap Toe or Bloch lace up) may be worn for Grade 1 tap classes but boys need to change to Capezio 'premier' at the latest at the start of the term of their Grade 1 tap examination)

Uniform notes for option 1

- *Boxer shorts should not be worn under dance/cycling shorts (only tight pants)*
- *Vest/T-shirt must be ironed and long enough to stay tucked into shorts when arms are lifted up above the head*

GRADE 2 TAP

Option 1 (suggested for girls)

- **ISTD 'Molly' style leotard by Roch Valley in lavender cotton lycra (not RAD or Katz).** 'Older' girls in Grade 2 tap may be asked by their teacher to wear a black leotard (own choice of style with THIN straps that are NOT crossed and has a built-in bra lining - we recommend Capezio or Bloch leotards. For students who are too small for the Capezio or Bloch leotards then we recommend Tappers & Pointers Camisole Leotard (Duo Dance stock these))
- **'Nicky' style crossover by Roch Valley in lavender cotton lycra (or a black cotton ballet crossover cardigan if wearing back leotard)** (optional)
- **Ballet pink or skin tone non-convertible ballet tights, without seam, by Freed**
- **Katz 'buckle bar' or Bloch Velcro strap non-leather tap shoes in black with teletone ball and heel taps**

Uniform notes for option 1

- *Regarding the lavender leotard, please make sure the label is on your child's left when they put it on (i.e. the front 'scoop' is higher than the back which is the opposite way around to a normal vest)*
- *Pants should not be worn under the leotard*
- *Hair which is long enough, should be neatly tied back in a style suitable style for tap dance*
- *Any hair band should match the leotard and should be kirby gripped on otherwise the band will slide off*
- *Any hair elastic should match hair colour*

EXAMINATIONS

- **Tappers & Pointers black hipster bootleg jazz pants**
- **Short black socks**

Option 2 (suggested for boys)

- **Plain white tight-fitting t-shirt**
- **Black jazz pants or trousers**
- **Dance support** (if required)
- **Short black socks**
- **Capezio 'premier' tap shoes in black**

Uniform notes for boys

- *T-shirt must be ironed and long enough to stay tucked into trousers when arms are lifted up above the head*
- *Boxer shorts should not be worn under jazz pants (only tight pants or dance support if required)*

GRADE 3 TAP PLUS

Option 1 (suggested for girls)

- **Black cotton lycra leotard - own choice of style with THIN straps that are NOT crossed and has a built-in bra lining - we recommend Capezio or Bloch leotards.** For students who are too small for the Capezio or Bloch leotards then we recommend Tappers & Pointers Camisole Leotard (Duo Dance stock these)
- **Black cotton lycra crossover** (optional)
- **Tappers & Pointers black hipster bootleg jazz pants**
- **Short black socks**
- **Capezio 'premier' tap shoes in black**

Uniform notes for option 1

- *Pants should not be worn under the leotard*
- *Hair which is long enough, should be neatly tied back in a style suitable style for tap dance*
- *Any hair band should match the leotard and should be kirby gripped on otherwise the band will slide off*
- *Any hair elastic should match hair colour*

Option 2 (suggested for boys)

- Plain white tight-fitting t-shirt
- Black jazz pants or trousers
- Dance support (if required)
- Short black socks
- Capezio 'premier' tap shoes in black

Uniform notes for option 2

- T-shirt must be ironed and long enough to stay tucked into trousers when arms are lifted up above the head
- Boxer shorts should not be worn under jazz pants (only tight pants or dance support if required)

GRADES 2 AND 3 MODERN

Option 1 (suggested for girls)

- Cerise pink crushed velvet 'biketard' (for Grade 2 & 3 classes and Grade 2 examination)
- So Danca canvas split-sole jazz shoe in nude with the option to dye to skin tone (no socks)

Uniform notes for option 1

- Pants should not be worn under the biketard or catsuit
- Please try to create a suitable hairstyle for girls with long hair who are in Grade 2 modern and upwards. Hair should be tied back so suitable for turning movements but also possible to lie down with the back of the head flat on the floor. Two plaits or french plaits tucked underneath at the base of the head works well, as does a side bun, 2 small buns on the side of the head or a high bun.
- Any hair elastic should match hair colour

EXAMINATIONS

- Purple full-length catsuit (for Grade 3 modern examination only) - you will be contacted by your administrator several weeks before your daughter's examination to order this item through the school

Option 2 (suggested for boys)

- White tight fitting vest/T-shirt or leotard (must not have RAD logo)
- Black cotton dance/cycling shorts (no pockets or padding)
- Dance support (if required)
- So Danca canvas split-sole jazz shoe in nude with the option to dye to skin tone (no socks)

Uniform notes for option 2

- T-shirt must be ironed and long enough to stay tucked into trousers when arms are lifted up above the head
- Boxer shorts should not be worn under leggings or dance/cycling shorts (only tight pants or dance support if required)

GRADE 4 MODERN PLUS

Option 1 (suggested for girls)

- Purple full length catsuit (Grades 4, 5 & 6 and Inter Found) - contact your administrator to order this item through the school
- Black full length catsuit (Intermediate modern plus classes and Grade 6 & Inter Found plus examinations) - we recommend Capezio (CC820) <https://www.movedancewear.com/capezio-camisole-unitard-black-p290/> (please ensure you check the size chart when you order and bear in mind that they come up small - the small fits a size 6-8 adult). However, a bra cannot be worn with this catsuit, so if a bra is required, then please search for a suitable black catsuit / unitard with THIN straps which are NOT crossed.
- So Danca canvas split-sole jazz shoe in nude with the option to dye to skin tone (no socks)

Uniform notes for option 1

- Pants should not be worn under the catsuit
- Please try to create a suitable hairstyle for girls with long hair who are in Grade 2 modern and upwards. Hair should be tied back so suitable for turning movements but also possible to lie down with the back of the head flat on the floor. Two plaits or french plaits tucked underneath at the base of the head works well, as does a side bun, 2 small buns on the side of the head or a high bun.

- Any hair elastic should match hair colour

Option 2 (suggested for boys)

- Black boys' unitard (own choice of short or long leg)
- Dance support
- So Danca canvas split-sole jazz shoe in nude with the option to dye to skin tone (no socks)

Uniform notes for option 2

- Boxer shorts or pants should not be worn under the unitard (only dance support)

COMMERCIAL / STREET

Uniform

- Any top that feels funky in which you can easily move
- Jazz pants or tracksuit bottoms or leggings (the material must have stretch, no denim)
- Any socks
- INDOOR only trainers - for H&S reasons, your child must wear a pair of trainers which they ONLY use indoors (please do not wear dance, split-sole trainers)

Uniform notes

- Long hair should be neatly tied back off face, or styled as required by the class teacher to assist with the dance style

POWER & SKILLS

Uniform

- Black cotton lycra leotard by Capezio - own choice of style but without crossed straps
- Black tights/leggings
- So Danca canvas split-sole jazz shoe in nude with the option to dye to skin tone (no socks)
- Can wear uniform from another class if the classes are consecutive e.g. ballet tights and leotard

Uniform notes

- Long hair should be neatly tied back off face

STRETCH & TECHNIQUE

Uniform

- Same ballet uniform as worn for ballet class but lower legs must be bare, so it must be possible to roll up ballet tights to just below the knee
- Bare feet

Equipment

- Yoga mat
- 2 stress balls:
https://www.amazon.co.uk/gp/product/B08YN5CQ3P/ref=ewc_pr_img_1?smid=A3LY7JGVWRF8ZD&psc=1

Uniform notes

- Long hair should be in a classical ballet bun which is high enough so that the back of the head can be lay on

CONTEMPORARY

Uniform

- Ballet or modern leotard/tights or catsuit
- Black tracksuit bottoms

- **Thick black sports socks**, or if you find these too slippery, then we recommend <https://uk.blochworld.com/products/blochsock-dance-socks-black-knit>
Contemporary socks can now be purchased from Duo Dance

Uniform notes

- *Long hair should be neatly tied back off face*

GYMNASTICS SKILLS

Uniform

- Normal dancewear e.g. pink biketard, purple catsuit, ballet leotard and matching shorts / tights
- Bare feet

Uniform notes

- *Long hair must be FULLY tied back with no loose hair - this is for H&S reasons*

MUSICAL THEATRE

Uniform

- Any leotard
- Any leggings
- SLDS sweater
- Jazz or ballet shoes
- INDOOR only trainers - for H&S reasons, your child must wear a pair of trainers which they ONLY use indoors
- Bring National shoes and full circular skirt if you have them (when working on period pieces)

Uniform notes

- *Long hair and fringes must be tied back off face*