STUDENTS from Essendon Keilor College have been put through their paces under the watchful eye of dance director Mark Laguerre.

The workout last week was a warm-up for the Victorian State Schools Spectacular which will take place at Hisense Arena from September 18-19. The students will join more than 1000 others performing dance numbers for the concert.

The schools spectacular this year pulls together a 1100-voice choir, 1100 dancers, 33 vocalists, 20 back-up singers, 100-piece orchestra, 60 cheerleaders, 15 circus performers, 15 puppeteers and special acts from 188 government schools across Victoria.

It will directed by acclaimed comedian and director Neill Gladwin, best known for his 'Lawnmower Man' segment in the opening ceremony of the Sydney 2000 Olympics.

A spectacular warm-up