

## Transforming Lives Through Dance

### RAD Summer School – Teachers’ Programme 17-21 January 2020

Te Whaea, National Dance and Drama Centre, 11 Hutchison Rd, Newtown, Wellington

<b>Monday 17 January: Innovation:</b> exploring different and innovative ways of teaching	
9.00	<b>Registration</b>
10.00	<b>Welcome and discussion</b> <b>Gerard Charles, RAD Artistic Director</b> Via zoom from London Gerard will lead a conversation with teachers about how teachers can be innovative while remaining close to the RAD syllabus
10.30	<b>New Zealand School of Dance Tools for Teachers 2: Stretch vs Strength: Getting the balance right for optimal performance.</b> <b>Sarah Fitzsimons and Jane Woolley</b> How to stretch safely and attain the strength for required high extensions. Sarah Fitzsimons and Jane Woolley share practical exercises based on sound biomechanic principals for training students.
12.45	<b>Lunch</b>
13.30	<b>Creative Approaches to choreography for ballet teachers</b> <b>Lucy Marinkovich</b> Applying a range of ideas, inspirations and themes, renown NZ choreographer, Lucy Marinkovich, will lead a workshop that will support and motivate teachers to broaden their movement vocabulary within their own choreography and support their students’ creativity.
16.00	<b>Finish</b>
16.00	<b>Social - Welcome drink and nibbles</b> – meet the summer school faculty. (optional)

<b>Tuesday 18 January: Excellence part 1:</b> teaching beyond the syllabi to enrich the student’s experience and to support them to achieve their personal best	
8.00	<b>Harmonic Awareness</b> <b>Felicity Kerr</b> Via zoom from the UK This session will explore harmony in both the musical and movement context and the application of harmonic concepts to ballet and dance technique.
9.50	<b>Stretch, release and move - Pilates based stretch for all levels</b> <b>Vivencio Samblaceno</b>
10.50	<b>Break</b>
11.00	<b>Enriching the student’s experience – part 1</b> <b>Turid Revfeim</b> This workshop will explore ways to enhance technical proficiency, including looking at some common physical challenges and ways to incorporate safe dance practice to help with technical progression.
13.00	<b>Lunch</b>
14.00	<b>Vocational class observation</b> <b>Turid Revfeim</b> Turid’s morning workshop will be followed by a practical lesson with vocational students discussing some of the ideas and strategies used in the studio.
16.15	<b>Finish</b>



ROYAL  
ACADEMY  
OF  
DANCE

<b>Wednesday 19 January: Excellence part 2:</b>	
8.30	<b>Enriching the student's experience – part 2</b> <b>Sue Nicholls</b> Students learn work, they practice, they are encouraged to do more, whether that be more turnout, defined musical dynamics, or display the right mood in expression. This workshop aims to assist teachers awaken ideas and discover new ones to enhance their students' ability to dance their syllabus and open class work with confidence, the potential result being, a lift in marks.
10.30	<b>Break</b>
10.45	<b>Supporting student performance through psychological preparation</b> <b>Dr Rebecca Bloore</b> Dr Rebecca Bloore, Lead Positive Psychology Consultant with Wellbeing in Life Daily (WILD) will present evidence that examines how teachers can support students' motivation and performance through psychological preparation and techniques.
12.15	<b>Stretch, release and move – movement and stretch session for all levels</b> <b>Sophie Ryan</b>
13.15	<b>Lunch</b>
14.00	<b>Ankle and hip joint health</b> <b>Dr Sue Mayes</b> Via zoom from Australia Dr Sue Mayes, Director of Artistic Health at The Australian Ballet will present her current research into joint health in dancers and provide practical ways in which teachers can support young dancers to have good joint health
16.00	<b>Finish</b>

<b>Thursday 20 January: Inclusivity:</b> exploring ways teachers can ensure everyone feels welcome and included in their dance studios	
8.30	<b>Stretch, release and move – Pilates based stretch for all levels</b> <b>Allanah Hare</b>
9.30	<b>Introduction to an inclusive approach to teaching vocational level students</b> <b>Tutors: Advanced Ballet - Clytie Campbell;</b> <b>Intermediate Contemporary – Tabitha Dombroski</b> Prior to the class observation at 10am, the class tutors will provide an introduction and answer questions on the way in which they use inclusive teaching practices to support the range of students and abilities within their classes
10.00	<b>Vocational class observation</b> <b>Tutors: Advanced Ballet - Clytie Campbell;</b> <b>Intermediate Contemporary – Tabitha Dombroski</b> Teachers will have a choice of observing an advanced level ballet class or an intermediate level contemporary class
11.30	<b>Break</b>
11.45	<b>Do we perpetuate female stereotypes in ballet?</b> <b>Dr Maureen Coulter</b> Dr Maureen Coulter will examine, through discussion and visual images, the past and its influence on the image of the female dancer today
13.00	<b>Lunch</b>
14.00	<b>Rainbow Inclusivity in Dance: developing a sense of safety and belonging for dancers from rainbow communities.</b> <b>InsideOUT consultancy</b> Rosie Leadbitter of InsideOUT consultancy will lead a workshop to investigate how teachers can create a sense of safety and belonging for dancers from the rainbow community within their dance studios
16.30	<b>Finish</b>

<b>Friday 21 January: Wellbeing:</b> developing an understanding and awareness of the need for teachers to retain their own wellbeing and build resilience	
9.00	<b>Resilience and Wellbeing</b> <b>Naomi Thomas</b> Via zoom from the UK This session will be a replica of the session offered as part of the RAD's Mapping Dance and Dance Teaching conference. Naomi will present the key elements necessary for wellbeing and give teachers tools and techniques to stay well and build resilience.
11.00	<b>Break</b>
11.15	<b>Relieving stress and keeping fit for teaching</b> <b>Allanah Hare</b> This practical session will provide teachers with strategies and Pilates based exercises to maintain their wellbeing, alleviate stress and avoid burn out.
12.45	<b>Finish</b>