



ActiveB Teacher Training in Dance and Movement

Course Title: Basic principles of teaching dance and movement to music

Age Group: 5 - 10 years and 11 - 16 years

Aims of the day:

This one-day workshop is an introduction to teaching dance and movement to music effectively and has been specifically designed for teachers with little or no dance experience.

This workshop will ensure that you

- learn the principles of dance and be able to practically apply the principles of teaching dance
- learn the necessary skills to teach and breakdown simple dance combinations
- improve your teaching skills within a group movement to music environment

Programme:

Registration

Practical session 1: An introduction to the 6 Principles of Dance and how to create simple dance combinations

Practical session 2: Simple creative warm up ideas

Practical session 3: Building and creating a group performance using a motif and a theme

Practical session 4: How to breakdown simple choreography and effective teaching techniques

Day ends