



Transforming Lives Through Dance

RAD Summer School – Teachers' Programme 17-21 January 2020

Monday 17 January: Innovation: exploring different and innovative ways of teaching	
8.30	Registration
9.00	Powhiri
10.00	Welcome and discussion Gerard Charles, RAD Artistic Director Via zoom from London Gerard will lead a conversation with teachers about how teachers can be innovative but remain true to the RAD syllabus
10.45	Break
11.00	Supporting dance students to build their mental strength Tutor TBC Using techniques and methods from the science of sports psychology, this session will provide insights into how teachers can support their students to improve their performance through being mentally prepared.
12.30	Lunch
13.30	Creative Approaches to choreography for ballet teachers Lucy Marinkovich 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	Finish
16.00	Social - Welcome drink and nibbles – meet the summer school faculty. (optional)

Tuesday 18 January: Excellence part 1: teaching beyond the syllabi to enrich the student's experience and to support them to achieve their personal best	
9.00	Harmonic Awareness – TBC Felicity Kerr Via zoom This session will explore harmony in both the musical and movement context and the application of harmonic concepts to ballet and dance technique.
10.45	Break
11.00	Enriching the student's experience – Part 1 Samantha Leeman This workshop will explore practical ways of enhancing students' technical proficiency, artistry and musicality at the same time as preparing them for exams
13.00	Lunch
14.00	Vocational class observation Samantha Leeman Samantha Leeman RAD examiner and teacher will demonstrate the ideas and practices discussed in the previous session through her own teaching of a vocational class
16.00	Finish



Wednesday 19 January: Excellence Part 2.	
9.00	Enriching the student's experience – Part 2 Samantha Leeman This session will be a continuation of Part 1 and the vocational class observation. Teachers will have the opportunity to ask questions about the class they observed and discuss strategies to implement the ideas presented, within their own teaching.
11.00	Break
11.15	Enhancing technique through Progressive Ballet Technique Tutor TBC Using PBT exercises, this session will provide teachers with practical strategies to strengthen their students' ballet technique.
13.00	Lunch
14.00	Ankle and hip joint health Dr Sye Mayes Via zoom 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	Finish
17.00	Social event – Bollywood themed event with Indian food and Bollywood dancing

Thursday 20 January: Inclusivity: exploring ways teachers can ensure everyone feels welcome and included in their dance studios	
9.30	Introduction to an inclusive approach in vocational classes: Tutors TBC 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	Vocational class observation Tutors TBC Teachers will have a choice of observing an advanced level ballet class or an intermediate level contemporary class
11.30	Break
11.45	Do we perpetuate female stereotypes in ballet? Dr Maureen Coulter RAD RTS 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	Lunch
14.00	Rainbow Inclusivity in Dance: developing a sense of safety and belonging for dancers from rainbow communities. InsideOUT consultancy 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
14.30	Finish



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Friday 21 January: Wellbeing: developing an understanding and awareness of the need for teachers to retain their own wellbeing and build resilience

9.00	Resilience and Wellbeing Naomi Thomas Via zoom from the UK This session will be a replica of the session offered as part of the 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	Break
11.15	Relieving stress and keeping fit for teaching Allanah Hare RAD RTS This practical session will provide teachers with strategies and Pilates based exercises to maintain their wellbeing, alleviate stress and avoid burn out.
13.00	Finish