

Three Day Intensive Course for Teachers Focus on Classical Ballet Technique

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Aims of Programme

To develop, enhance and build upon previous teaching and learning strategies.

Following completion of the 3 day programme all teachers will have a detailed understanding of the classical ballet technique and it's key concepts, from their first introduction in the lower grades up to, and including Intermediate level. Methodology and pedagogical skills will be discussed and experiences shared, along with prior learning and previous knowledge.

Learning outcomes and competencies for successful completion of this Course

- i) A sound knowledge of classical ballet technique up to Intermediate level.
- ii) A good understanding of teaching methodology related to the appropriate level/stage of learning/development.
- iii) The ability to analyse technical steps and movements up to and including Intermediate level.
- iv) The expertise to develop the students understanding and demonstrations of the key principles of classical ballet; posture, weight placement and turnout, along with sufficient knowledge to offer appropriate feedback to support improvement.
- v) The necessary skills to create non syllabus exercises/enchaînements that promote the development of musicality and performance skills including response to atmosphere and style.
- vi) A basic understanding of human anatomy as applied to classical technique, in-order to support safe practice.
- vii) A sufficient understanding of psychology to support good teaching practice in line with current safeguarding legislation.

Course Overview

Teaching & Learning Strategies

Day 1

Morning

The first day will focus on the fundamentals of classical ballet technique, from early beginnings through to Intermediate level vocabulary.

How and when to teach and develop, weight placement, correct stance and turn-out. Through group discussion and analysis these key concepts will be explored in depth.

Afternoon

The afternoon session will be focused on applied anatomy and the understanding of how to recognise and improve some of the most common problems found in teaching, such as tight hamstrings, sickled feet, hyperextension, unequal turnout, scoliosis and lordosis.

Day 2

Morning

In the second day teachers will study how and when movements and steps should be introduced into the vocabulary taking into consideration appropriate learning development. Basic psychology related to sound teaching practise such as goal setting and good class management will be discussed in depth.

Afternoon

In the afternoon session teachers will work alongside a pianist, to explore the importance of music and it's relationship with movement. Teachers will have the opportunity through given examples to understand how music can be used to assist the development of movement dynamics, and performance skills.

Day 3

Morning

The morning session will look at how and when to introduce pointe work. Suitability of feet, purchase of shoes, and first exercises are just some of the topics that will be discussed in this session.

Afternoon

Teachers will have the opportunity to work with students and further experiment on the creation of appropriate Enchaînement for given level and learning outcome.

Plenary session to include Q&A