



## TRANSITION PROGRAM Years 5 – 10: Girls Dance Coaching/ Training Clinic

### Rationale

Dance Project targeting 42 dancers (Stage 4 – 5) from 6 ER Secondary Schools looking to:

1. build capacity in teaching dance and contributing to a wider school community dance network
2. strengthen composition & performance skills
3. develop time management and group organisation skills
4. create submissions for performance (DANCEWORKS SCHOOLS EDITION, 2020 CaSPA LIVE PERFORMANCE)

### Coaching Criteria

- Strong technique in ONE of the following genres: jazz/ funk/ hip hop, musical theatre, contemporary
- High fitness level: stamina/ endurance
- Strong performance quality
- Able to collaborate as part of a team

### Leadership skills

- able to provide clear instructions and model good practice
- good command of dance terminology
- flexible and adaptive in approaches to process of performance

### PROGRAM

1. **1 training day** (Term 3: September 12 @ St Ursula's Kingsgrove)

Learning how to structure a dance class including:

- safe dance warm ups
- progressions to improve technique
- structuring a phrase in a designated style
- choreography for film and as a resource

2. **1 x dance hub day** x 6 (terms 3 & 4) connecting with local feeder schools teaching a workshop in a designated style and repeating this workshop.



Check out the [DANCE COACHING CLINIC](#) program page on our website  
 \*\*new hub in 2019 - Brigidine Catholic College Randwick

Sample schedule:

SCHOOL	HUB		
Group 1 9.30 – 10.30	Jazz	Contemporary	Musical theatre
	Dance room	Auditorium	Hall
Group 2 10.30 – 11.30	Contemporary	Musical theatre	Jazz
	Auditorium	Hall	Dance room
Group 3 12.15 – 1.15	Musical theatre	Jazz	Contemporary
	Hall	Dance room	Auditorium
Combined Groups 1.15 – 2.00	SHOW & TELL Auditorium		