

## Course Description and Outline

<b>Course Title</b>	Contemporary Dance - Beginners		
<b>Level of Course</b>	Beginners	<b>Course Code</b>	A3720, B3676, C3689
<b>Duration in Weeks</b>	10		
<b>Brief Description of Course</b>	<p>You will gain basic knowledge of the main principles of Contemporary dance: Fundamentals of posture and alignment; the use of dynamics; transfer of weight and gravity and floor work.</p> <p>You will learn the technical vocabulary used in this dance style. You will also develop musicality and spatial awareness by following different step patterns, dance sequences and group formations set to music with different time signatures and speed.</p> <p>References to the historical development of the style and its connection with other dance genres from different parts of the world will be shared with you to support your understanding of the style and technique.</p>		
<b>Entry Requirements</b>	<p>This level is suitable for complete beginners and those who have had really little dance experience. Classes at this level will focus on enjoyment and learning the essential foundations of the technique. This level is also ideal for those who have not danced for a long time and they are refreshing their skills.</p>		
<b>Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:</b>			
<b>1</b>	Gain basic knowledge of Contemporary dance technique and vocabulary;		
<b>2</b>	Perform at least 2 short dance exercises or sequences demonstrating an understanding of technique, alignment and co-ordination;		
<b>3</b>	Perform at least 2 short dance exercises or sequences with awareness of the body in space and in relation to others;		
<b>4</b>	Perform at least 2 short dance exercises or sequences in the correct tempo or timing;		
<b>5</b>	Perform at least 2 short dance exercises or sequences demonstrating an understanding of the style and performance.		
<b>Equipment Required What will I need to bring to class?</b>	<p>Dance wear - leotard or T-shirt and leggings, comfortable clothes that do not restrict movement. No footwear will be necessary but socks may be worn if required. A notebook and a pen. A towel. A bottle of water – no other drinks are allowed in the dance studio.</p>		
<b>What courses can I go on to?</b>	<p>You can progress to: Develop Contemporary dance Repertoire courses and or other dance styles at beginners' level. (Please note that you might not be able to progress to the next level after one term, your tutor will advise you on this)</p> <p>You may wish to enrol on other courses held at Idea Store Learning. Please see a course guide for further information or speak with your tutor. Your tutor will support you in researching these and other courses outside of Idea Store Learning.</p>		

### **What examination or assessment will there be and what will it involve?**

At the beginning of the course an initial assessment takes place to identify your level of experience knowledge or current skills, and you will be asked to complete and sign a health screening questionnaire.

The tutor will carry out informal assessments to check your understanding, there is no exam.

You will complete a self-assessment at the beginning, middle and end of the course and you will participate in regular self assessment.

Your tutor will let you know how you are getting on throughout the course, to help you work to your full potential.

At the end of the course you will receive written feedback.

Please note on all examination courses, it is a requirement that you provide photographic proof of ID. This is for external awarding body and internal invigilation authentication purposes.

### **How will I know I am making progress?**

You will have an 'Individual Learning Plan' where the course learning outcomes are shown and where you can set individual learning goals and monitor your own progress against these.

You will need to evaluate your own progress and manage your time.

Your tutor will give ongoing feedback and will keep you informed of your progress.

Video recording might be used as a reflective tool.

### **Is there anything else I need to know?**

In general, we will not allow late entries to any course after the first two weeks.

To maximise your chances of benefiting from the course fully we expect you to attend **all** scheduled sessions and that you do so **punctually** and are ready to start learning at the start of the class.

Please note that if you are more than **10 minutes late** for a class you will not be allowed to participate practically in the session. This is for your own safety as by missing the warm up you will be risking an injury. Being late also disrupts the rest of the group.

### **What if I want extra support?**

Come and see one of our experienced and friendly advisors. For further information, email [ideastore@towerhamlets.gov.uk](mailto:ideastore@towerhamlets.gov.uk) and a member of the team will get back to you.

This is a brief description of the course content and is not definitive or exhaustive. The course content may be subject to change without notice however the details above are intended to give a picture of the types of activities which may be included on the course.

Course outlines provide a general summary of the contents and material to be covered during lessons. They are subject to change at the discretion of teachers to meet the needs of learners and should not be regarded as prescriptive lists of activities to be covered.

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