

Course Description and Outline

Course Title	Flamenco - Beginners		
Level of Course	Beginner	Course Code	A4346; B4347; C4348
Duration in Weeks	10		
Brief Description of Course What will the course cover?	<p>This is a beginner level course for those new to Flamenco dancing or with less than 2 years previous experience. You will learn a range of basic techniques in:</p> <ul style="list-style-type: none"> • Footwork • Arms and hand movements • Posture • Movement and marking • Turns <p>You will also develop musicality, rhythm and co-ordination by learning sequences set to music with different time signatures and speed. This is a fun and informative introduction to the basics of Flamenco dance and its associated terminology.</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> <p>The class is accompanied by a live guitarist.</p>		
Entry Requirements	None, but any movement/dance experience is useful. You should also be reasonably physically fit, although adjustments are made for any particular needs.		
Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:			
1	Demonstrate 5 basic flamenco techniques in footwork, and 1 for arms and turns;		
2	Begin to show a broad awareness of rhythm, by naming at least one of the core flamenco rhythms;		
3	Demonstrate a basic understanding of musical phrasing and the relationship between live guitar music and Flamenco dance by knowing when to begin a step sequence; and repeating a footwork pattern to fit to the music at different speeds;		
4	Start to develop your co-ordination, strength and stamina in flamenco techniques by showing your ability to use arms and footwork together, and being able to increase speed on footwork sequences while retaining clarity of sound and technique;		
5	Perform a short, simple Flamenco dance routine appropriate to your level of a minimum of 1 minute in duration.		

<p>Equipment Required What will I need to bring to class?</p>	<p>A bottle of water. Appropriate footwear – shoes with a small Cuban heel (no stilettos). Flamenco shoes (women), and flamenco boots (men) are ideal. Comfortable clothing that allows for movement, flared long skirts.</p>
<p>What courses can I go on to?</p>	<p>Your tutor can be approached for additional information and advice during the course. You can progress to the Flamenco Improver course and / or other popular dance courses at beginners' level.</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.</p> <p>Your tutor will support you in researching these and other courses outside of Idea Store Learning.</p>

<p>What examination or assessment will there be and what will it involve?</p>
<p>There will be an initial assessment followed by on-going assessment of progress and achievement. This course will also include:</p> <ul style="list-style-type: none"> • Structured opportunities for self-evaluation; • Use of video as a reflective tool; • Peer observation; • End of course feedback, evaluation and review.
<p>How will I know I am making progress?</p>
<p>You will have:</p> <ul style="list-style-type: none"> • An individual learning plan to monitor your own progress. • Verbal assessment by tutor at each class. • Regular feedback from tutor and peers. <p>You will gain more from the course if time is committed to it outside the classroom.</p>
<p>Is there anything else I need to know?</p>
<ul style="list-style-type: none"> • In general, we will not allow late entry to any course after the first two weeks. • You can express your views during the course and you can speak to your tutor at any time. • There will be an evaluation form to complete at the end of the course. <p>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.</p>
<p>What if I want extra support? Contact the Learner Support & Advice Team</p>
<p>Come and see one of our experienced and friendly advisors. For further information, email ideastore@towerhamlets.gov.uk and a member of the team will get back to you.</p>