

RJC DANCE IN EDUCATION

Working with Young People, Graduates and Dance Practitioners.

RJC Dance is Britain's most popular and consistently successful Black British led contemporary dance company. The company was established in 1993 and tours nationally and internationally from its base at the Mandela Centre in Chapletown Leeds, with dance works that have influenced a generation of young choreographers and dance practitioners.

RJC Dance create work from a Black British perspective, with a truly broad appeal to diverse audiences both culturally and socially. Reggae, Jazz and Contemporary dance styles influence the company's choreographic approach, which fuses social dance forms with contemporary dance techniques. The work possesses an emotional depth and authenticity rarely seen in contemporary dance today. RJC Dance is distinguished by its combination of exciting, technically accomplished dancers, who are also rigorous and inspiring teachers.

RJC Dance is totally committed to developing its dance education programme through workshops, lecture demonstrations and performances. RJC Dance succeeds in building confidence, self esteem and new skills in young people who participate in the creative dance workshops.

Within our education programme RJC Dance offers a variety of exciting and creative workshops that will introduce the Company's unique style of working with Reggae, Jazz and Contemporary dance. Each workshop will have a direct connection with the choreography from RJC Dances repertoire or alternatively we are open to work alongside the curriculum.

PACKAGE 1

DANCE IN EDUCATION

CREATIVE DANCE WORKSHOP

This one and a half hour package will consist of a short but energetic cardiovascular warm-up. Covering mobilisation, strength, stamina, stretching and flexibility. This will be followed by a workshop of creative movement and choreographic ideas which will culminate in a showing and sharing of work.

The times of the workshop will be co-ordinated to fit in with school hours.

Water breaks will be given accordingly throughout the workshop.

What we seek to develop in participants:

- *A sense of timing, rhythm and co-ordination.*
- *To be able to follow and execute a sequence of movement.*
- *To be able to create and construct their own sequence of movement.*
- *To watch and give constructive criticism and support of other work.*
- *“Be healthy” physically, mentally and emotionally (ECM.)*
- *“Enjoy and achieve” so that they achieve educational standards, personal and social development and enjoy recreation (ECM).*

ECM = Every Child Matters outcomes framework

All workshops will be designed to meet the needs of the participants taking into consideration age and dance experience.

Cost for package 1:

A One and a half hour dance workshop = £90 plus travel (Based on 1 tutor).

PACKAGE 2

DANCE IN EDUCATION

HALF DAY CREATIVE DANCE WORKSHOP

This half day workshop will consist of a warm-up covering mobilisation, strength, stamina, stretching and flexibility. This will also include creative movement and travelling steps exploring space. The warm-up will be followed by a sequence of creative movement from RJC Dance repertoire or RJC Dance themed work. The workshop will culminate in a showing and sharing of work.

The times of the workshop will be co-ordinated to fit in with school hours.

Water breaks will be given accordingly throughout the workshop.

What we seek to develop in participants:

- *An awareness of their own physicality.*
- *A sense of timing, rhythm and co-ordination.*
- *An awareness of their bodies in space.*
- *To be able to follow and execute a sequence of movement.*
- *To take responsibility and ownership of their own learning processes, performance and presentation of work.*
- *Participate in peer group evaluation of work*
- *“Be healthy” physically, mentally and emotionally. (ECM)*
- *“Enjoy and Achieve” so that they achieve educational standards, personal and social developments and enjoy recreation. (ECM)*
- *“Make a positive contribution” so that they engage in decision making, develop positive relationships, develop self confidence and successfully deal with changes and challenges. (ECM)*

ECM = Every Child Matters outcomes framework

All workshops will be designed to meet the needs of participants taking into consideration age and dance experience.

Costs for package 2:

A half day workshop = £170 plus travel (Based on 1 tutor).

PACKAGE 3 DANCE IN EDUCATION FULL DAY CREATIVE DANCE WORKSHOP

This full day workshop will begin with a warm-up/technique class covering the fore mentioned in more detail as well as a movement sequence and travelling steps exploring space. This will be followed by a sequence of movement from RJC Dance repertoire which will become the basis for the development of creative movement and choreographic ideas. Theme based work will devise and form a sequence that will be used as a starting point for their own creative movement. The participants will work in groups providing them with the opportunity to produce and develop their own choreographic ideas. The day will culminate in a showing and sharing of work.

The times of the workshop will be co-ordinated to fit in with school hours.

Water breaks will be given accordingly throughout the workshop.

What we seek to develop in participants:

- *An awareness of their own physicality.*
- *A sense of timing, rhythm and co-ordination.*
- *An awareness of their bodies in space.*
- *To be able to follow and execute a sequence of movement.*
- *To take responsibility and ownership of their own learning processes, dance choreography, performance and presentation of work.*
- *Learn how to work collaboratively in a small group on creating an original piece of dance.*
- *Develop creative and thinking skills.*
- *Develop their own creative movement skills.*
- *Develop their own choreographic skills.*
- *To watch and give constructive criticism and support to other work.*
- *“Be healthy” physically, mentally and emotionally (ECM).*
- *“Enjoy and achieve” so that they achieve educational standards, personal and social development and enjoy recreation (ECM).*

- *“Make a positive contribution” so that they engage in decision-making, develop positive relationships, develop self confidence and successfully deal with changes and challenges (ECM).*

ECM = Every Child Matters outcomes framework

All workshops will be designed to meet the needs of the participants taking into consideration age and dance experience.

Costs for package 3:

A full day workshop = £250 plus travel (Based on 1 tutor).

RJC Dance also offers packages over a period of weeks as well as 2-3 day residencies. Dates and times can be discussed and prices negotiated by contacting the RJC Dance office.

RJC Dance contact details can be found at the back of this Education Pack.

REQUIREMENTS

You can help RJC Dance to achieve a successful delivery of this exciting dance education programme by ensuring that all venues, schools, colleges and participants are prepared for our arrival and that the best working environment is provided.

PARTICIPANTS

Maximum 25 participants per session.

Suitable loose clothing either PE kit, tracksuit, t-shirt etc.
Bare feet or suitable footwear pumps/trainers or dance shoes.

Long hair tied back.

No jewellery, including body piercing.

THE SPACE

A clean, clear, well heated space.

Preferably with a sprung wooden floor, and definitely no carpet or concrete sub-floor.

A suitable size space for the whole class, e.g. a space of 13 x 10 metres is ideal to accommodate 25 students.

Dedicated use of the space for the duration of RJC Dance workshops, i.e. no distractions or interruptions.

EQUIPMENT

(On request)

CD player

TV monitor/screen connected to video/DVD player.

SCHOOL SUPPORT

One teacher/assistant required in a workshop.

RJC DANCE CONTACT DETAILS

If you would like to discuss any aspect of the Dance in Education work programme, or would like any information on RJC Dance Youth Provision, Adult Community Classes, Summer School and Professional Dance classes please contact:

Naomi Czuba Youth Dance & Education Co-ordinator
Telephone: 0113 2392052
Mobile: 07918 765442
E-mail: naomi@rjcdance.org.uk

RJC Dance Management Team

De-Napoli Clarke *Artistic Producer/Director*
Kathy Williams *Development Director*
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