

| Youth Courses: Focus Area | | | |
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| Term 1 | Term 2 | Term 3 | Term 4 |
| • Focus Area: CONTEMPORARY TECHNIQUE | | | |
| <ul style="list-style-type: none"> • Develop knowledge of technical and biomechanical approaches to dance • Experience a variety of contemporary styles • Experience ballet techniques for contemporary dance • Develop release, floor-work and partnering skills | <ul style="list-style-type: none"> • Review and analyse technical and biomechanical approaches to dance • Enhance skills and techniques • Develop complex sequences • Enhance partnering skills • Cultivate a growth mindset | <ul style="list-style-type: none"> • Extend skills and techniques • Explore traveling sequences with change of direction • Extend complex dance sequences • Discuss and embody movement qualities | <ul style="list-style-type: none"> • Build skills in awareness and artistic presence • Develop an awareness that allows improvisation skills to enhance technique |
| Focus Area: IMPROVISATION | | | |
| <ul style="list-style-type: none"> • Learn fundamentals of authentic movement • Develop an understanding of key ways to explore one's individual movement • Consider safety in a group environment • Learn structured and partnering improvisation techniques and methods • Learn tools that develop confidence | <ul style="list-style-type: none"> • Expand improvisation skills and methods • Unleash creative output • Understand spatial awareness in improvisation • Understand Call and response within a group • Create choreography through task work • Respond to stimuli | <ul style="list-style-type: none"> • Make informed decisions quickly and intuitively in an improvisation context • Develop an awareness of own environment • Respond to stimuli in complex and creative ways. | <ul style="list-style-type: none"> • Enhance performance skills through improvisation • Respond to changing stimuli • Create choreography through improvisation techniques/methods • Perform more complex improvisation structures |
| Focus Area: CHOREOGRAPHIC DEVELOPMENT | | | |
| <ul style="list-style-type: none"> • Collaborate in a creative environment • Explore improvisation skills to enhance choreographic task work • Play with concepts • Establish a joyful and committed rehearsal approach. | <ul style="list-style-type: none"> • Process choreographic concepts and methods • Produce choreographic ideas • Develop communication skills • Discuss and explore performance skills | <ul style="list-style-type: none"> • Discuss and attempt various movement pathways and choreographic choices • Embody and question own choreography • Provide and reflect on feedback received • Consider authentic performance | <ul style="list-style-type: none"> • Establish confidence, presence and awareness in choreography • Develop an awareness of an audience response • Define, refine and rehearse choreography |