



ansicality

dance and movement

EDUCATION PACK



Dansicality is a professional company which runs a variety of **dance and movement** activities in educational facilities in and around the borough of Richmond and Hounslow. For schools such as yours, we can provide a range of sessions, including Tasters, Dance Days, Workshops, supplementary P.E. classes and after-school clubs. We can also deliver choreography for school productions and run dance-themed events.

We are trained dance teachers with extensive experience of working with children. We are all fully insured and CRB checked. Our mission is to bring dance to as many children as possible using a creative and lively approach...

We can run sessions in conjunction with the **curriculum**, but we can also tailor-make them to tie in with current projects or themed weeks, such as Healthy Eating Week. In fact we are so flexible with lesson planning that we are confident we can adapt to incorporate any stimuli - We have taught sessions covering a large variety of topics including Travel, Weather, Machines and Insects!

Included in this Information Pack you will Find:

- Information on the benefits of dance for children
- Descriptions of our Sessions
- Company History & Teacher Profiles
- Testimonials
- Price list
- Information on additional activities available during the school holidays, in the evenings and for adults



Benefits of Dance and Movement for Children

Dance is the fastest growing of all art forms and provides a wide range of both physical and mental benefits. It is a **fantastic all-round form of exercise**. Not only can it raise general fitness levels and thereby help to **combat childhood obesity**, but will also help build **stronger muscles, healthy bones** and promote healthy heart and lung function. It can deliver **improved coordination**, rhythm, flexibility and agility. It can also improve postural alignment and spatial awareness.

Regular exercise is proven to **aid concentration** and dance is particularly good at supplying mental stimulation. It can be used to establish an understanding of many different topics and it actively encourages listening and responding skills.

Dance will help build physical confidence and **raise self-esteem** and is a great addition to a P.E. timetable or alternative to sport. It doesn't rely on the weather and there is no equipment needed – you supply the space, we supply everything else!

Dance has always been a popular option for many children as an extra-curricular pastime outside of school and it is now second only to football as children's most popular activity. It is becoming increasingly apparent that it can be hugely beneficial for all children, if given the opportunity to partake.



Sessions

All sessions generally consist of a structured **warm up** and **stretching** exercises, followed by **travelling** sequences and then a **routine** or dance.

(30 – 60 minutes per group is generally recommended.) A single Dansicality teacher can be booked at an hourly rate * to come into your school to run P.E classes, Taster sessions or Workshops.

Alternatively, you can choose to book us for a full Dance Day.

In this case, we will provide you with two teachers, copies of lesson-plans, music and any necessary props, all included in one fee. A Dance Day is a great opportunity for each class/year in the whole school to participate in similar workshops throughout the day.

Within every session there will always be some time allocated to the children for their **own individual and/or group choreography**. We feel this is a very important exercise as it allows them to be creative and develop their own styles. Working in groups encourages the pupils to explore different movement motifs and helps build the confidence to perform.

As mentioned previously, we can teach to the **curriculum** and incorporate any theme, but Dansicality teachers also all have extensive training in a broad range of movement styles. These include **Ballet, Tap, Jazz, Street Dance** and **Contemporary**. Whatever the style or topic, the emphasis of any session with us will always be on having fun. We hope to provide children with an active hobby which could be enjoyed into adulthood.

We are capable of teaching to any age and ability and we have experience working with students in **Supported Learning**. We are able to adapt a lesson to include any student who may have a disability, including incorporating **Makaton** into their class if requested.

The **music** we use is chosen to motivate and inspire and will always be age appropriate.

* Please Note: Sessions must be booked for a minimum of two hours, except for Nurseries.



The History and The Team

From an early age, **Anna-Louise Mederson – CEO** attended training in Ballet, Tap and Jazz at the prestigious Richmond Academy of Dance. This led her to enrol at Surrey University, where she studied a broad range of dance styles, choreography and improvisation. At the same time, she continued her

education at the Academy and gained teaching qualifications from The National Association of Teachers of Dance.

Having achieved a BA Hons in Dance studies in 2001, Anna-Louise was recruited by Richmond Adult Community College to run their Dance department. Dansicality was formed when she realised that while all kinds of dance were widely available to adults in the community, there was less choice for children. The demand for Dance grew rapidly, particularly when it became recognised as a valuable component of physical education in schools.

After five years working at the college, Anna became aware that what had begun as a sideline was becoming a full time job in itself! She left the College to devote her full attention to the company and has never looked back....

Vickie Luke – Head of Educational Development came on board in 2005. She had studied alongside Anna at the Academy in Richmond and had also acquired NATD qualifications. She went on to obtain a Diploma in Dance at the University of London and qualified as an Exercise to Music Instructor with the YMCA. She has extensive experience teaching dance and exercise to children and adults across London.



Marie-Carmen Mederson – Head of Operations and Events has most recently joined the company. She followed her sister Anna-Louise's steps through the Richmond Academy and successfully passed the NATD exams. She has since taught at the Academy for many years, while simultaneously meeting the demands of a full-time career in the city. Dance has, however, remained her number one passion throughout and she is delighted to be able to finally give it her full commitment.



Testimonials



Nelson Primary School, Whitton

"Dansicality have been working in Nelson Primary School for 6 years now, and have provided the children here with wonderful Dance opportunities and a lot of fun. The children gain so much from the different styles of dancing, and both boys and girls are very keen to be involved. The clubs are popular and are growing in numbers all the time, and the performances are fantastic. The children also gain so much socially from being involved. I would highly recommend Dansicality to anyone!"
Liz Rainey P.E. Co-ordinator at Nelson Primary School



St James's Catholic Primary School, Twickenham

"Children engage in dance lessons every week at St James from Dansicality. The whole class is always focused and the activities are well suited and appropriate to the age range in the class. The children are able to develop their creativity in a 'safe' environment that is well controlled and led by experienced teachers. All instructions given are clear and enable each child to access the lesson plans and be productive alone or in groups with their peers. Dansicality teachers are flexible and have excellent communication skills and rapport with the children. All children are able to access and gain basic 'dance language' i.e. travelling, rhythm and dynamics. The teachers are talented and can create and plan innovative lessons that match KS2 objectives. Year 6 thoroughly enjoy their lessons."

Ruth Gusterson, Year 6 teacher at St. James

DANSICALITY ACADEMY

"The main feedback I get from my children is that Dansicality is so much fun! They love the vibrant, funky dance style and they feel a real connection to Anna, Vickie and Marie, who all seem to relate to the children as individuals. They are incredibly positive and encouraging and they make the children feel that they are achieving something wonderful. This is fantastic for their self esteem on an individual level, but they also feel part of a team effort.

My 7 year old daughter has been involved with Dansicality for the last 3 years, first in an after-school club and, more recently, as part of the Dance Academy, and my 5 year old daughter has started attending the after-school club this term. Dance is, obviously, a fantastic form of exercise but I really feel that Dansicality offers so much more. In conclusion, I cannot recommend Dansicality highly enough. It is great for developing not only physical fitness, but many other skills that will ensure our children are 'fit for life'!"

Vanessa Flashman, pleased parent!

Additional Information

Price List

- **One Taster Session** Free!
- **Workshops** £60 per hour, per teacher
(Please Note: Except for Nursery Schools, there is a 2hr Booking Minimum)
- **Dance Days** £360 per day (9am – 3pm)
This price includes 2 x qualified teachers, music, lesson-plans & any necessary props
- **After school/
Lunchtime Clubs** These usually run for 45-60mins, at a cost of £3 per child – charged to parents (Minimum of 15 participating children required)

* Prices quoted are correct at time of print September 2008. Dansicality reserve the right to change the prices at any time and without notice.

Dansicality runs **extra courses** for children during the school holidays, at Christmas, Easter and through the summer holidays. These provide keen children with the chance to learn extended dance routines which they then show to their parents. The children (and staff!) have loads of fun and the courses have proved extremely popular.

The **Dansicality Academy** has been running for several years and can now boast two groups (Juniors and Seniors) of talented youngsters. They rehearse every Tuesday evening and perform throughout the year in various shows. The Academy has built a solid reputation within the community and is always enthusiastically received.

Dansicality is also available to plan and run **events** such as themed parties, taster workshops and stage shows.

Nobody is left out - We run **adult classes** in Twickenham. We teach Ballet, Tap and Jazz dance to anyone who is willing to learn and doesn't take themselves too seriously!

