

TEACHERS TIMETABLE

| Champions for Wellbeing

MONDAY 13 JANUARY

9:00	Welcome	
10.00	Advanced Master Class	Tutor: Ty King-Wall
	Teachers will observe Ty King-Wall, Artistic director for the Royal New Zealand Ballet, teach the first ballet class for the advanced students at Summer School. This will be followed by a question and answer session with Ty	
	In person only	Time-Valued CPD hours: TBC
12.15	LUNCH	
1.00	Marketing and Communications Part 1 Website:	Tutor: Andrea Crawshay
	RAD Communications Officer will facilitate teachers to review their website's design and content to ensure they align with their goals and effectively engage their audience. The focus will be on optimising the visual appeal, usability, and content relevance to enhance overall effectiveness and user experience.	
	In person and online	Time-Valued CPD hours: TBC
2.00	Best practice in dance teaching	Tutor: Alexander Campbell
	RAD Artistic Director will encourage teachers to use best practice in teaching the steps and vocabulary and the history of dance/ballet. The aim will be to match everything to the current RAD syllabus' pedagogy and progressions.	
	In person and online	Time-Valued CPD hours: TBC
4.15	Welcome drink and nibbles	
5.30		

TUESDAY 14 JANUARY

9.00	Stretch, release and move	Tutor: Frankie Sampson
	Start the day with a good stretch! Following Frankie's popular session at Summer School 2024, this is the first of three sessions to support teachers to be more aware of, and take time for, their own physical and mental wellbeing. Frankie will incorporate exercises from her training in MELT and yoga to gently prepare teachers for the day.	
	In person only	Time-Valued CPD hours: TBC
9.45	BREAK	
10.00	Preventing injuries and maximising performance	Tutor: Lisa Howell
	Well known and highly respected dance physiotherapist, Lisa Howells, will take a series of 4 workshops that will reflect her extensive experience in providing resources and education to dance teachers on how to prevent injury and maximise performance. The workshops will include the following areas: <ul style="list-style-type: none">· The fundamentals of safe teaching practice· Effectively preparing and optimising function in pointe work· Achieving optimal personal flexibility· Safely training turnout in tiny dancer through to adolescents· Tools for avoiding preventable injuries in dancers	
	In person only	Time-Valued CPD hours: TBC
12.15	LUNCH	
1.00	Marketing and Communications Part 2 Social Media	Tutor: Andrea Crawshay
	In this session, teachers will be encouraged to evaluate their social media channels to identify opportunities for creating compelling content and boosting audience engagement. It will cover strategies for crafting engaging posts, optimising the content for each platform, and building meaningful interactions with their community.	
	In person and online	Time-Valued CPD hours: TBC
2.00	Best practice in dance teaching	Tutor: Alexander Campbell
	RAD Artistic Director will encourage teachers to use best practice in teaching the steps and vocabulary and the history of dance/ballet. The aim will be to match everything to the current RAD syllabus' pedagogy and progressions.	
	In person and online	Time-Valued CPD hours: TBC
4.00		

WEDNESDAY 15 JANUARY

9.00	Stretch, release and move	Tutor: Frankie Sampson
	Following on from Tuesday's class, this is the 2nd of three sessions to support teachers mental and physical wellbeing	
	In person only	Time-Valued CPD hours: TBC
9.45	BREAK	
10.00	Preventing injuries and maximising performance	Tutor: Lisa Howell
	2nd of 3 workshops – see Tuesday 14 Jan	
	In person only	Time-Valued CPD hours: TBC
12.15	LUNCH	
1.30	RAD Exams: focus on Intermediate Foundation and Intermediate	Tutor: Julie Fleming
	Teachers will observe RAD CPD/CDT tutor, Julie Fleming teaching an Intermediate Foundation/Intermediate class that will focus on strategies for teaching key aspects of the syllabi that are particularly challenging and how students can maximise their exam result and achieve their personal best. The workshop will be preceded by an introduction by Julie of the areas that examiners find present the biggest challenges for students and concluded with a Q&A session	
	In person only	Time-Valued CPD hours: TBC
4.30	FINISH	
2.00	Preventing injuries and maximising performance	Tutor: Lisa Howell
	Repeat of the 2nd workshop this morning for online participants – see Tuesday 14 Jan	
	Online only	Time-Valued CPD hours: TBC
4.00		

THURSDAY 16 JANUARY

9.00	Stretch, release and move	Tutor: Frankie Sampson
	This is the 3rd session presented by Frankie to support teachers' own physical and mental wellbeing.	
	In person only	Time-Valued CPD hours: TBC
9.45	BREAK	
10.00	Preventing injuries and maximising performance	Tutor: Lisa Howell
	3rd of 3 workshops – see Tuesday 14 Jan	
	In person and online	Time-Valued CPD hours: TBC
12.15	Review / Wrap up	
1.00	FINISH	