



Resources to Support Remote Dance Teaching

This document includes a number of dance resources and activities that can be completed remotely by students



GENERAL RESOURCES:

TWINKL resources

Twinkl are offering one month 'ultimate membership' totally free of charge. To register, visit <https://www.twinkl.co.uk/offer> and type in the code - UKTWINKLHELPS. The website includes excellent dance resources created by Justine Reeve AKA 'The Dance Teacher's Agony Aunt'.

ArtsPool

ArtsPool are also offering access to their e-learning portal free of charge for 1 month. This is for GCSE groups only. To gain access, email info@arts-pool.co.uk

BBC

A series of street dance videos that could assist learning techniques at home, or support a research project. There are lots of other resources on BBC Teach and School Radio that could assist home study.

[Click here for more](#)

Resource lists for dancers

Created by dance education expert Fiona Smith, this document is free to access on the One Dance UK website. It includes links to a variety of YouTube performances that could help students research different styles, cultures and companies. It also includes links to performances that may have been used for GCSE/BTEC/RSL/A LEVEL study.

[Click here for more](#)

BalletBoyz

Access to a range of resources that could be used to accompany home study

[Click here for more](#)

11 Plus

A strength and conditioning programme developed at Elmhurst Ballet School and in collaboration with the University of Wolverhampton
[Click here for more](#)

Quizlet

Create your own revision cards
[Click here for more](#)

Discover! Creative Careers

Research into careers linked to the creative industries
[Click here for more](#)

Create & Dance

The Royal Opera House's creative learning programme with digital activities
[Click here for more](#)

Marquee TV

A subscription-based service for viewing dance and other art forms
[Click here for more](#)

Yoga4Dancers

Yoga sequences that can be done at home
[Click here for more](#)

64 Million Artists

Will be sharing two weeks of fun, free and accessible creative challenges to do at home starting 23rd March. Follow them on Twitter [@64M_Artists](#)



Frantic Assembly

A guide to creating physical theatre chair duets

[Click here for more](#)

Rosas

Explore the Rosas movement content and create your own

[Click here for more](#)

Motionhouse

Clips from shows and behind the scenes videos

[Click here for more](#)

Gaga Classes

Gaga classes being live-streamed online

[Click here for more](#)

Rosie Kay '5 Soldiers'

Watch the performance in full online

[Click here for more](#)

2Faced Dance

Online fitness and technique classes

[Click here for more](#)



Yoga with Adrienne

Hundreds of high-quality free yoga videos

[Click here for more](#)

Dance Mama

A collection of online classes for Dance Mamas - class programme includes contemporary, Ballet, fitness and wellbeing

[Click here for more](#)

Cosmic Kids Yoga

Yoga and mindfulness videos for younger children to follow at home

[Click here for more](#)

Youth Sport Trust

A range of activities for home learning

[Click here for more](#)

Dancing Alone Together

Programme of online classes in a variety of styles

[Click here for more](#)

Bound 2B

Creative home schooling project ideas

[Click here more more](#)

CandoCo

Interviews, insights and professional work

[Click here for more](#)

Akram Khan

Participate in the company's online project 'Our Animal Kingdom'

[Click here for more](#)

The Guardian

Online classes to try

[Click here for more](#)

Sadler's Wells digital stage

A programme of full-length dance performances and workshops online

[Click here more](#)



Regional dance agencies

Many are offering online classes via sites such as Instagram live. Visit their website or Twitter handle to find out more.

[Click here for more](#)

DDMIX (Diverse Dance Mix)

DDMIX is a fun dance fitness programme designed by Dame Darcey Bussell! Every weekday at 1.30pm they will be offering a 10 minute post lunch energising session for children. They will also soon be releasing a DDMIX SIT session especially for those who are less mobile. More information and updates can be found on their Facebook page.

[Click here for more](#)

Royal Opera House & Royal Ballet

Online performances and more

[Click here for more](#)

Dance Syndrome

Dance Syndrome are moving their extensive programme of classes online from 23rd March. These classes are fully inclusive and suitable for everyone. Online classes are free but there is the option to support the charity with a donation in return for taking part in a class to support them at this challenging time.

[Click here for more](#)

Matthew Bourne's New Adventures

Resource packs relating to professional work to support study at Key Stage 4 and 5

[Click here for more](#)

Jasmin Vardimon

A selection of resource packs and activities linking to the company's professional work

[Click here for more](#)

Jasmin Vardimon are also running free online classes for all ages and stages in a variety of styles

[Click here for more](#)

Dance Magazine

A collection of online dance performances

[Click here for more](#)

Siobhan Davies

Choreographic archive including articles and video footage

[Click here for more](#)



AQA A LEVEL DANCE:

AQA site

Useful online resources with links to areas of study, glossaries, command words
[Click here for more](#)

Rambert

Details of works and timeline, ideal for revision
[Click here for more](#)

Rooster

Videos of all sections are available on YouTube.
[Click here for more](#)



GCSE/BTEC/RSL:

Within Her Eyes

Videos to support BTEC Component 1

[Click here for more](#)

Video of full work

[Click here for more](#)

Emancipation of Expressionism

Company site

[Click here for more](#)

See the company perform with Anne Marie – use for discussion of style/technique(s)

[Click here for more](#)

Shadows

Company site

[Click here for more](#)

Rehearsals revealed interview with company dancers and Christopher Bruce

[Click here for more](#)

Infra

Royal Opera House site - create a free teacher account to access Infra resources – useful for tasks for home study

[Click here for more](#)

Great to guide choreography and insight into McGregor's methods

[Click here for more](#)

A Linha Curva

Company site

[Click here for more](#)

Performance database

[Click here for more](#)

Interview with A Linha Curva dancers

[Click here for more](#)

Register for access to free resource – useful as a base to create tasks

[Click here for more](#)

Artificial Things

Includes links to 'Behind the Scenes' video, choreographer interview, etc.

[Click here for more](#)

StopGap Dance

Running twice-weekly professional classes online (interval training, company class and yoga)
– access via their Facebook page

[Click here for more](#)

MORE GENERAL RESOURCES

Joss Arnott Dance Company

The company have launched #JADCHALLENGE2020 – follow them on Facebook to participate in the challenge

[Click here for more](#)

Inclusive Haka Dance

Delivered by ParaDance instructor MJ

[Click here for more](#)

Strictly Come Dancing professionals

Oti Mabuse

Delivering free online classes for children every day at 11.30am. Each class is themed (w/b 23 March all are linked to children's movies). You can find the live stream on Facebook, YouTube and Instagram.

Amy Dowden

Free online classes. First one is aimed at children aged 3-6 years


[Click here for more](#)

Adam Garcia

Delivering a variety of online tap classes via his Instagram platform @thatadamgarcia

Drew McOnie

Teaching sections of choreography from his own work (musical theatre) via his company Instagram platform @mconiecompany



Ballet Cymru

Online exercise tutorials

[Click here for more](#)

YDance

Scottish youth dance, offering four online classes each week aimed at different age groups

[Click here for more](#)

Humanhood

Aimed at university students and professionals. Live classes based on Humanhood's work and processes.

[Click here for more](#)

#DAZLonline

30 minutes of dance with Mason from DAZL. Mon/wed/fridays at 11am

[Click here for more](#)

Company Chameleon

#IsolationImprovs and invite you to get moving, think creatively and reimagine your living room through dance

[Click here for more](#)

Alvin Ailey American Dance Theatre

Revelations available to watch with links to teachers live classes

[Click here for more](#)

Alvin Ailey's Revelations resources

Lincoln Centre have developed resources for different ages for Revelations. Please note that the resources relate to the American schooling system, however, still very useful

Peek a Boo

Early years resource both videos via Facebook page

[Click here for more](#)

They also have a resource page

[Click here for more](#)

Sadler's Wells Take Part

A series of online workshops and activities for audiences to dance along to in their own homes

[Click here for more](#)

National Theatre

The National Theatre will be broadcasting productions every Thursday, including 'One Man, Two Guvnors'.

Sadler's Wells Digital Stage

Sadler's Wells presents programme of full-length dance performances and workshops online, to keep you entertained and connected through dance

[Click here for more](#)

Disability sport

Activity Alliance has a page of resources to ensure those with disabilities keep active

[Click here for more](#)

Dancing Times

Access to twenty years of 'Dancing Times' magazine (for one week only, ending 7 April 2020)

[Click here for more](#)

Creative Steps

online resources for primary-aged children

[Click here for more](#)

TED Talks - Dance

A visual history of social dance in 25 moves – watch and learn moves including the twist, charleston and whip-nae-nae

[Watch now](#)

A Human Robot Dance – a duet exploring the relationship between man and machine – ideal for observation and discussion with older students (Key Stage 4 & 5)

[Watch now](#)

The sights and sounds of Tap dance – listen with your eyes closed and create your own story led by the sounds you hear

[Watch now](#)

Judith Jamison with performances from Alvin Ailey American Dance Theater – find out more about the company and see excerpts from 'Revelations' and 'Cry'

[Watch now](#)

Pearson – BTEC - Statement from Paul Webster:

“Hi everyone. Hope you are all coping with this chaos. We are here to help you - if you have any questions you can call us on 0333 016 4141 or send an email or have a LiveChat with me by using this link:

<https://support.pearson.com/uk/s/qualification-contactus>

We will do everything we can to support you and your students. Stay safe”

Task Ideas:

- Research and create a project on different styles of dance or dances from different periods in history
- Choose a dance company and research their work
- Choreograph something ready to teach on return to school (KS3 could be a TikTok style dance!)
- Create a revision washing line
- Create revision cue cards
- Create a storyboard of a dance you have created/learnt in class, identifying six key movements/moments and identifying links to theme/stimulus, use of choreographic devices, etc.
- Watch a dance performance online and write/video a review
- Devise a safe warm up
- Devise a safe cool down

