



A series of six seminars
for classical ballet teachers



THE ROYAL BALLET SCHOOL



Welcome

Inspire is a series of six, one-day seminars for both experienced and new classical ballet teachers who teach a variety of students. Devised by The Royal Ballet School and held in locations across the UK, these innovative events support continued professional development for dance professionals from all teaching backgrounds.

'This is a world first, we have brought together some of the finest ballet training tutors in the country to share the world-class expertise of The Royal Ballet School. These seminars give teachers a fantastic experience that will enrich their practice.'

Christopher Powney Artistic Director of The Royal Ballet School

Programme overview

All seminars are non-syllabus based and will explore good teaching practice and the foundations of classical ballet technique. Each day includes both theoretical and practical elements. Teachers can gain valuable CPD experience by taking part in the inspirational series and can benefit from a unique networking opportunity.

Each seminar can be attended as a one-off event however it is recommended that, over time, teachers experience all six seminars in order to develop a comprehensive understanding of the full *Inspire* series. Teachers can take the seminars in any order, however it is recommended that they be taken sequentially.

Aims

- To provide teachers with a comprehensive understanding of the foundations of classical ballet technique
- To provide teachers with a grounding in relevant education practice
- To assist teachers in improving the effectiveness of the teaching - learning process



Seminar One: The Foundations of Classical Ballet

Aims:

- To provide a practical workshop for teachers that explores the basic concepts of classical ballet technique
- To highlight the importance of the foundations of classical ballet technique including posture, placement, use of turn-out and weight placement
- To explore the mechanics and aesthetics of port de bras
- To introduce the concept of good teaching, leading towards the development of a personal philosophy of teaching

Outline:

1. Overview of The Foundations of Technique
2. Practical Application of The Foundations of Technique
3. Port de bras: Line and Coordination
4. What Makes a Good Teacher?





Seminar Two:

Analysing the Elements of Technique

Part 1: Barre work

Aims:

- To explore how we learn to dance through motor learning
- To analyse the vocabulary of classical ballet that is taught at the barre
- To develop skill in teaching barre work
- To explore how students learn and effective teaching practice

Outline:

1. Motor Learning: How Do We Learn to Dance?
2. Barre Work Part 1: Pliés and basic battements
3. Barre Work Part 2: Ronds de jambe
4. Barre Work Part 3: Fondu, Frappé and Adage
5. How Do We Learn? How Should We Teach? An Introduction to Learning and Teaching



Seminar Three:

Analysing the Elements of Technique

Part 2: Centre work

Aims:

- To analyse the vocabulary of classical ballet that is taught in centre practice
- To highlight how classical ballet vocabulary progresses from the barre to the centre
- To develop skill in teaching centre practice
- To explore effective communication
- To develop skills in the demonstration of enchaînement and the use of voice in delivering a lesson

Outline:

1. Introduction and barre (practical for participants)
2. Centre Work Part 1: Port de bras, Temps Lié, Adage
3. Centre Work Part 2: Centre Practice
4. Centre Work Part 3: Tours, Pirouettes and Grandes Pirouettes
5. Demonstration: The Use of Voice and Communication



Seminar Four:

Analysing the Elements of Technique

Part 3: Allegro

Aims:

- To analyse the allegro section of classical ballet vocabulary
- To highlight how allegro is developed at the barre and in the centre
- To develop skill in teaching allegro
- To develop skills in lesson planning and time management

Outline:

1. Introduction and barre (practical for participants)
2. Allegro Part 1: Petit Allegro
3. Allegro Part 2: Medium Allegro
4. Allegro Part 3: Grand Allegro
5. Lesson Planning and Time Management



Seminar Five:

Analysing the Elements of Technique

Part 4: Pointe work

Aims:

- To analyse pointe work for students at different levels of training
- To develop skill in teaching pointe work
- To explore the concepts of motivation and effective feedback
- To develop skills in enchaînement construction

Outline:

1. Introduction and barre (practical for participants)
2. Pointe Work Part 1: Beginning Pointe Work
3. Pointe Work Part 2: Pointe Work for Advanced Students
4. Motivation and Effective Feedback
5. Enchaînement Construction



Seminar Six:

Good Teaching Practice

Aims:

- To highlight the importance of developing artistry in tandem with technique
- To develop effective teaching skills
- To gain practical experience in setting, demonstrating and correcting enchaînements

Outline:

1. Introduction and barre (practical for participants)
2. Épaulement, Style and Artistry
3. Develop an Enchaînement
4. Delivering your Enchaînement



Certificate of participation

A certificate of participation is awarded after each seminar and a final certificate of completion is given after finishing all six seminars in the *Inspire* series.

A Royal Ballet School *Inspire* certificate can highlight your commitment to quality CPD for current and future employers.

Location

Seminars will be available on a rolling basis in London and nationwide and will be delivered at weekends and as part of our International Summer School. See our Seminar Schedule to find out when seminars are coming to a town near you.

How to book

You can register your interest for the seminars on our website and we will let you know when booking opens.

Visit www.royalballetschool.org.uk/inspire to find out more.



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