

Starting with confidence >>

Dance

The following is a list of activities you may like to do during your summer holidays, in preparation for studying BTEC Dance.

You should begin to pay careful attention to Performances around you and different Choreographers. Everything that happens in dance is related to Performance and Choreography in some way.

You should now start to think outside of the box, this will help you grow and develop your professional capabilities. You should also look to develop your communication and leadership skills in preparation for this course. Students are able to input their ideas and are encouraged to contribute as much as possible.

Watch

Watch as many performances as possible and develop your knowledge of a variety of Choreographers such as:

- Diversity – Ashley Banjo
- Mia Michaels
- Lloyd Newson
- Brian Friedman
- Arlene Philips
- Jasmine Meakin
- Bob Fosse
- Rambert Dance Company
- Netherlands Dance Theatre



These are just some of the companies and choreographers that can help influence your work.

Get Active

Fitness is paramount to dance theatre so please join the gym here if you do not belong to one. Remember fitness translates to performance!

Practice

It really does make perfect. You should be comfortable with the basics of dance and where possible expand your ability in different areas of dance.



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College Productions and Activities

When you start at College, you will be given the opportunity to take part in a whole host of activities relating to dance and performance. You should try and get involved in as many productions and activities as possible, as this will benefit your performance quality. There are several activities that will complement your course including Zumba, Tap, Street Dance, Pilates and

Yoga. On Activity week you must take part in your dance residency provided for you and there is also a portfolio photograph session with a professional photographer that will help you in your future performing career.



Hot Feet Production

This is your annual dance production. You will be involved in all areas of the production from performance to promotion. It is therefore crucial that you are committed to the subject and look for opportunities to get involved beyond the classroom. For an idea of what is involved, take a look at the College website galleries for photographs of previous years' productions.

