



**One
Dance
UK**
Supporting
Dance



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](#)



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 for 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](#)



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](#)

Siobhan Davies

Choreographic archive including articles and video footage

[Click here for more](#)

Jasmin Vardimon

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

[Click here for more](#)

Dance Magazine

A collection of online dance performances

[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](#)

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