



## SUMMER 2018

Dear Applicant

Thank you for enquiring about our training courses. Below is all the information you require. In summary, the training options we are currently offering are:

### **Option 1: NEW Exam focussed flexible training package**

If you are keen to set an end date, this new flexible approach starts with an exam date and then gives you all the tools you need to get ready. Our next planned exam is Tuesday 24<sup>th</sup> July in London and we will accept enrolments for this programme until Friday 25<sup>th</sup> May.

### **Option 2: Pay-as-you-go private tuition**

You can determine how quickly you train and arrange lessons to suit your schedule. Face to face lessons take place in London. Skype lessons can also be arranged for those further away.

The training is geared towards the IDTA Associate as this is our most popular level for training but other levels can be catered for too – please ask for details. We are not yet offering the Level 4 diploma through the intensive training because in Freestyle the Associate remains in place as the first level of membership for the IDTA, however we will advise you during the training as to whether this option is better for you, and if so, how you can develop your training towards this examination instead (more details are below).

Please do read on and get in touch if you would like to book. Please note that the deadline for Option 1 is Friday 16<sup>th</sup> February but the earlier you book, the sooner you can access the materials and get started.

Many thanks

Emma Weir  
Dance Train



# Intensive Teacher Training Programmes working towards IDTA qualifications in Freestyle Dance

Devised and delivered by Emma Weir BA (Hons) PGCE, Fellow of the Freestyle Faculty, IDTA

## Overview

The Freestyle syllabus derived from a background in Disco and incorporates influences from Jazz, Street / Hip Hop, Slow Dance, Modern, Lyrical, Contemporary and Musical Theatre. Freestyle is a subject in its own right but teachers with experience in any of these areas may find this subject a useful entry into teaching. As it is a core subject, teachers may be able to use this qualification to train students in other areas in which they have relevant experience. Upon completion of this course teachers will be eligible to work in private dance and theatre schools, set up their own classes, work in after school clubs and other educational workshops or develop their existing classes to offer access to the IDTA exam syllabus and competitions.

Aspects of the IDTA training include:

- Understanding the definitions relevant to dance including musicality, spatial awareness, posture, balance, direction, rhythmical expression and other related aspects of dance theory.
- An overview of the basic anatomy and physiology studies relevant to dance training and performance.
- Demonstrating and describing the main steps and movements covered in the Freestyle syllabus.
- Demonstrating and describing the main head, arm, hand and body positions covered in the Freestyle syllabus along with an interpretation of modern and contemporary influences on current trends.
- Devising routines suitable for various exam grades.
- Devising creative choreography to demonstrate the candidates own performance ability.
- Studying and investigating main areas of safety within the dance studio.
- Creating a suitable warm up routine, learning isolation and combination exercises for different parts of the body and compiling a suitable cool down routine.
- A basic approach to the theory of teaching and learning.
- Compiling a portfolio of work based on previous dance and teaching experience.

Training is offered at four levels, depending on your stage of development:

**Pre-Associate Level – ideal for ages 16-18.** This certificate allows younger dancers to take their first step towards teaching and would be suitable for those who assist teachers in their own dance classes or who have been dance captains at school. It enables dancers to teach under the supervision of a qualified teacher and covers much of the groundwork for the Associate but means that candidates can retain their amateur status for exams and competitions until such time as they are old enough and ready to take the full Associate.

**Associate – for ages 17 upwards.** **This is the most useful level for many teachers, and therefore our most popular option.** Please note that you can take the Associate qualification from age 17 but we recommend that younger candidates who may have less experience take the Pre-Associate training first. It is not essential for older candidates to take the Pre-Associate qualification first as this work will be covered within the training. This qualification is the first professional teaching certificate which entitles candidates to teach alone, run their own classes and even set up

their own school. Candidates can then enter their own students for amateur exams and competitions, have access to full IDTA member benefits (see below) and progress to other qualifications within the Association if desired.

**Licentiate – for age 21 upwards with 2 years of IDTA teaching experience.** This is an advanced certificate that can be taken after the Associate for those who wish to progress to a higher level of teaching with the IDTA. It can be a stepping stone towards Fellowship, which is required to become an examiner, or to enable candidates to begin training professionals themselves. For those who are involved in competitions, the Licentiate qualification allows candidates to adjudicate at a higher level.

**Fellowship – for those who have held a Licentiate qualification for a minimum of a year.** This is the highest level of qualification available within each subject and we offer this on a private tuition basis only.

## Option 1: NEW Exam focussed flexible training package

New for 2018, this approach combines face to face training with guided distance learning meaning that candidates are not tied to one training date or location. In this package, we start with the exam date so that the end goal is set for candidates to work towards and then we fit the training to suit their needs.

This new format replaces the one or two day intensive training that was previously offered due to changes in the IDTA exam syllabus (increased exam duration and additional material to be covered) and the increase in demand for private tuition. This new format combines the best of both worlds – tailored tuition within a structured programme.

**Exam date: Tuesday 24<sup>th</sup> July (various time slots)**  
**Inclusive price for Associate: £495.00**

**Includes:** Dance Train workbook containing all the tasks that require completing for the exam.  
Three hours of one to one training in person with Emma Weir to be booked with her directly.  
Two further tutorials via Skype or phone to check progress and email support throughout.  
90 minute mock exam with Emma before the exam itself.  
90 minute final exam with an IDTA examiner on 24<sup>th</sup> July in London.  
Use of training space or dance studio in London for face to face training and exam.

**Not included:** Two required textbooks, available from IDTA (30.00 for the pair).  
Ongoing costs such as annual IDTA membership – candidates arrange this directly once qualified.

### How does it work?

This option is great for people who already have a lot of dance experience (and possibly some dance teaching experience) as this will require you to refer back to previous dance training when completing work.

Once booked, candidates will arrange their training time with Emma and receive the workbook to begin studying the theory independently. Skype tutorials and email support is included so questions can be asked and work checked throughout the training period. Candidates will need to prepare routines to demonstrate in the exam and compile a portfolio of evidence including a lesson plan, risk assessment and other documents outlined in the workbook. Candidates will then have a mock exam with Emma to prepare them for the exam, before going for the final exam itself.

### What if I can't make the exam date?

If you know you definitely can't make this date but you want to start training, you might prefer the pay-as-you-go private lesson option and then you can commit to an exam date later. Alternatively, anyone who wants to join this cohort but then finds they can't make the exam (or would like a bit more time to complete the work) can pay a £60.00 deferment to choose another available exam date up to a year later.

## Option 2: Pay-as-you-go private tuition

If you would like a more open-ended option or think you may need more guidance, pay-as-you-go private tuition is always available.

Private lessons cost £54.00 per hour if booked 'pay as you go' and this includes exclusive use of a London based studio space or training venue. Book one or two hours at a time and arrange to join an exam session when you are ready. When you are ready to join an exam, you book the exam package (this is already included in Option 1) which is laid out below. This may also be useful for candidates who have already started the training elsewhere or have returned to it after a break.

**Exam package:** 90 minute mock exam with Emma before the exam itself.  
90 minute final exam with an IDTA examiner on 24<sup>th</sup> July (or future dates) in London.  
Use of training space or dance studio in London for face to face training and exam.

**Cost:** £285.00

## Additional Costs and Other Levels

The costs stated above are based on the Associate exam – other levels have different exam fees so ask us for details.

Candidates will need to purchase the textbooks *Freestyle Dance* and *Advanced Freestyle*, both by Anna Jones, which are available from the IDTA website and can be bought together £30.00.

After completing the Associate exam, candidates will be invited to become a member of the Association for which there is a small annual fee. Successful candidates are encouraged to maintain their annual membership in order to make full use of the IDTA services and benefits, but are not 'locked in' to any scheme or obligations. Please see the IDTA website [www.idta.co.uk](http://www.idta.co.uk) for the advantages of completing this teacher training and see our website [www.teachingdance.co.uk](http://www.teachingdance.co.uk) for our FAQ's. Further professional fees such as insurance, DBS checks and music licenses etc will be the candidate's own responsibility but do note that anyone working as a self employed professional teacher that such expenses are tax deductible as legitimate professional expenditure.

In April 2016, the IDTA introduced a new Level 4 certificate in dance teaching which requires additional written work and preparation. In Freestyle however, this exam is currently optional and the Associate format remains in place for new members to qualify with the association and obtain full membership so there is no obligation to take the new certificate either as well as or instead of the Associate. Therefore we continue to offer the Associate training in Freestyle and can advise candidates who would like to do the Level 4 qualification for their own development in future – existing Associates can apply to submit the additional work at a later date if they wish but there is no need to do so.

## The Venues

We use a number of venues across London for the courses, tutorials, private tuition, mock exams and the exams themselves. Having access to a variety of venues including schools, colleges, studios and community halls mean we can offer a choice for candidates and offer greater availability.

### **The William Morris Meeting Rooms, Wimbledon**

Since 2015 this has been our preferred training venue with a range of training rooms and studio spaces that have been recently refurbished. Close to Wimbledon mainline rail station and also the tube and bus routes, this venue offers the transport links of London but without the hassle of the more central London venues (lack of parking, congestion charge etc). It also offers kitchen facilities for refreshment breaks, ideal for longer training sessions.

### **Haverstock School, Camden**

Previously our weekend training venue, this centre is now an option for theory based lessons in one of their many classrooms. Located across from Chalk Farm tube station.

### **Academy Mews Studios, Camden**

Our most recent exam venue, this is also available for practical training sessions with lots of availability during the week. Close to Camden Town and Mornington Crescent stations and several bus routes.

### **Templeton House Studios, Moorgate and Crossway Church Hall, Elephant & Castle**

These well located venues offer a number of spaces available to book for private lessons, tutorials and mock exams.



From left to right, Templeton House, Haverstock School, William Morris Meeting Rooms

## **Background – a note from the trainer, Emma Weir**

I am a Fellow of the IDTA and have been a full time dance tutor, trainer and manager for thirteen years and teaching part time for more than fifteen years overall. In that time I have trained many professionals on both a one-to-one basis and through these courses, and I hold a 100% pass record with several of them additionally being put forward for scholarships and awards due to their particularly exceptional percentages (up to 98%) as indeed I myself was when I took my own Associate. Since then I have progressed to the level of Fellow within the Faculty and succeeded in many other teaching exams – the full list for your information is available on my website [www.ukdancenetwork.co.uk](http://www.ukdancenetwork.co.uk) in the 'About Us' section.

Candidates I have trained come from a wide range of backgrounds with dance styles ranging from Ballet to Bollywood. Some were students of mine who had grown up with the IDTA syllabus and wanted to make the natural progression into teaching. Others had no prior knowledge of the IDTA but had come from a contemporary dance background or had a dance degree but not one that focussed on teaching. Others were ex-performers or had a background in fitness / dance exercise or cheerleading.

This course will not teach you how to dance, nor is it the end of everything you will ever need to know (as a teacher, I feel it is important to keep developing your own knowledge) but it is an excellent way to open doors for you. With this qualification you can start up a class (or even a school) that works towards IDTA exams and train your own students for medal tests and competitions. You may also find teaching work with another IDTA school or find that the member CRB and insurance schemes (sometimes hard to obtain when unqualified) enable you to teach after school clubs or with community dance organisations.

As listed on the first page, we will cover basic steps and movements that are not just useful for Freestyle (Disco) but are also common to street dance and some commercial jazz styles as well as musical theatre, cheerleading, dance exercise and contemporary styles. Freestyle is a unique syllabus as you can apply it to your preferred style of dance and the open choreography options in the exam mean you can be creative as well as learning.

Having an internationally recognised qualification can open doors and even if you eventually want to qualify in other areas of dance, this can be an advantage. For example, if you take another IDTA qualification you may find that the portfolio and anatomy sections of this exam can be used again in many of them, for example the Association also

offers a Street Dance Associate and if candidates go on to take this after Freestyle they can do a shorter exam as they will have already done much of the ground work. Those with a fitness background could also go on to take the Dance Exercise Diploma.

For me, after taking the Associate and progressing through Licentiate and Fellow, I returned to Uni part time as a mature student to take a BA (Hons) in Professional Dance Development alongside running a full time Academy. In 2011 I made the move into adult education, taking a PGCE in post-16 education and a Diploma in Lifelong Learning and now work in a range of exciting and rewarding settings including community outreach and with a range of partners. In 2018 I will be working with Para Dance Sport UK training new instructors for Inclusive Dance Training. The IDTA Associate was my first step towards a dance teaching career and it could be yours too!



**Previous delegates benefiting from our small group training approach.**

## FAQ's

**Q. I have seen this course advertised for a much greater price with other organisations, does this mean that their qualification is worth more?**

A. If you are comparing courses for the IDTA Freestyle Associate then the qualification is the same whichever way you choose to train for it. We choose to keep our costs low as we know that starting out as a dance teacher can be a daunting prospect and there are other expenses such as your insurance and DBS to pay for - and we can afford to do this as we have great arrangements with our venues and a flexible approach to the way the training is provided. Our results speak for themselves in terms of the quality of training offered.

**Q. Will I be able to teach in schools with this qualification?**

A. This qualification will NOT give you QTS (qualified teacher status to teach curriculum in state schools) but with this certificate and a DBS (which can be arranged through the IDTA scheme once you are qualified) you will be able to work in schools running after school clubs, lunchtime / breakfast clubs, activity days, workshops, show choreography and other non-curriculum activities. You will also be able to run your own private activities - classes, private lessons etc - or set up your own dance school if you wish.

**Q. Why Freestyle? Is it just an easy option?**

In a word - no! Freestyle suits this type of learning because of the creative element to the dance. You can devise your own choreography and there is far less set work to learn than with ballet or tap or even ballroom etc. Because of its 'open' nature it also suits dancers of many backgrounds - our Associate trainees have included people from backgrounds as diverse as Bollywood, contemporary, ballet, Afro-Brazilian, dance fitness and ballroom dancing. However the syllabus should not be seen as an 'easy option' as it will cover musicality, safety, anatomy, class structure, syllabus work, exercises and the art of choreography. These are useful principles for dancers of all techniques.

### Q. What are the benefits of an IDTA qualification?

A. It is internationally recognised and the association is one of the largest in the world. Members have many benefits such as free seminars, publications and discounted rates to other events and products. Once qualified you will be able to train candidates for IDTA awards and hold medal tests and you will be eligible to apply for your liability insurance and DBS through their member schemes.

### Q. Surely you can't train anyone to be a dance teacher in such a short space of time?

A. Of course we can't train just anyone. On application we will discuss your dance background and ensure that this course is right for you. We will expect that you have a dance background and a serious commitment to teaching. In the intensive sessions we will guide you through all you need to study for the exam but you will need to put in the time outside of these sessions to prepare routines, revise and compile a portfolio. You can then return to take your exam when you are ready - and how quickly you do that will be up to you - how confident you are and how much time you can put in to prepare. In recent courses we have added some follow up private tuition and a mock exam in order to help build confidence, check progress and ask for help with the independent study, which we believe is beneficial.



## How To Book

A separate application form will have been sent to you along with this document. You can apply electronically or by post. **To apply electronically**, please email the completed form back and pay by one of the online options stated on the form. **To apply by post** please send a hard copy of the completed form along with a cheque to the address stated on the form. Cheques should be made payable to Emma's Academy of Dance & Drama.

For Option 1, the full package payment must be paid up front in order to guarantee a place at the April exam. The deadline for joining this cohort is 25<sup>th</sup> May 2018 but the earlier you book, the sooner you can book your training and receive the course workbook in order to get started.

Pay-as-you-go private tuition can be booked one session at a time with Emma, and you will be asked to pay 50% of each lesson in advance in order to confirm the studio booking, and this will act as a non refundable deposit in case of cancellation, as we will still be charged for the studio. The balance of the lesson can be paid on the day.

## Finally...

Undecided? Visit [www.teachingdance.co.uk](http://www.teachingdance.co.uk) and read the page titled **Testimonials – Our Alumni** to see details of just some of the professional dance teachers we have trained and guided in the past. Do also 'like' our Facebook page [www.facebook.com/dancetraineducation](http://www.facebook.com/dancetraineducation)

This will be an important investment of time and money for you, and you will want to get it right. If you have any queries at all then please email the address below and Emma will personally reply to advise you on your options.

Email: [emma@ukdancenetwork.co.uk](mailto:emma@ukdancenetwork.co.uk)

*Please note that Emma is still a working teacher herself and so is not at her desk around the clock but she will endeavour to get back to you as soon as possible.*