

# Concordat 2017 Alliance of Excellence

Keep Fit Association

Laban Dance Fitness Annual Conference

for

Teachers

extending your professional development in a way that suits you

## Programme for the Weekend

### Saturday

09.00 – 10.00 Registration & Refreshments  
10.00 – 12.00 Session 1  
12.00 – 13.00 Lunch  
13.00 – 14.45 Session 2  
14.45 – 15.00 Change Over  
15.00 – 16.30 Session 3

### Sunday

08.30 – 09.00 Registration  
09.00 – 11.00 Session 4  
11.00 – 11.20 Refreshment Break  
11.20 – 12.50 Session 5  
12.50 – 13.45 Lunch  
13.45 – 15.15 Session 6  
15.15 – 15.45 Farewell & Refreshments

**15<sup>th</sup> and 16<sup>th</sup> July 2017**

Brockington College Leicester

Blaby Rd, Enderby, Leicester LE19 4AQ

early bird deadline: **1st May 2017**

**Final application closing date 24th June 2017**

## Teacher Training Programme

Saturday Sessions

CPD

### Registration, Welcome and Coffee 9.00 -10.00

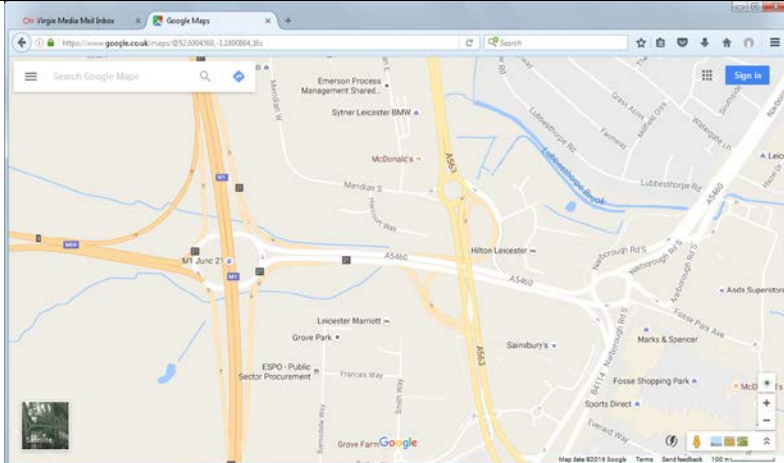
Saturday 10.00 – 12.00	<p><b>Spotlight on shapes</b> <i>Cathy Johnson</i> Making the most of your Laban knowledge, by using body shapes, symmetrical and asymmetrical moves, to create interesting and physically challenging class work. This session will be mainly practical covering unit 1 element 1 of KFA training syllabus.</p>	2
	<p><b>Specialist Laban</b> <i>Rachel Liggitt</i> Rachel is one of this year's specialist external tutors. Steeped in the Laban discipline she will take you on a journey through spatial body actions using Laban as your choreographic tool. This session will be mainly practical covering unit 2 element 1 of KFA training syllabus.</p>	2
	<p><b>Having fun and extending the challenge with air and floor patterns</b> <i>Tina Kaufman</i> Tina will help you develop this Laban theme from the very basic to advanced work showing how it can be applied throughout a lesson to create interesting and meaningful work. This session will be mainly practical covering unit 1 element 1 of KFA training syllabus.</p>	2
	<p><b>Adapt for success</b> <i>Ivy Purdham</i> This will be an interactive session to enable teachers of Older Adult classes to share innovative and effective ideas of good practice to ensure all active older adults are able to participate and feel inclusive, regardless of health/physical limitations. We will look at sharing techniques and adaptations to get the best out of your class and supporting all your clients to keep active. This session will be mainly practical covering unit 1 element 4 of KFA training syllabus.</p>	2
<b>Lunch 12.00 – 13.00</b>		
Saturday 13:00 – 14:45	<p><b>Apparatus development for beginners</b> <i>Faye Doorbar</i> Faye will show how, by using materials and fabrics apparatus, you can develop greater challenges, add stimulating choreography and bring variety into your classes. This session will be mainly practical covering unit 1 element 6 of KFA training syllabus.</p>	1¾
	<p><b>Personally Excellent</b> <i>Lisa Bigley</i> Personal performance is one of the most critical elements you need to ensure an effective KFA class. In this session Lisa will take you through the top tips and strategies you need to deliver your personal best. This session will be mainly practical covering unit 1 element 3 of KFA training syllabus.</p>	1¾
	<p><b>Flying through the air and scaling the heights</b> <i>Lisa Terry</i> Responding to Concordat feedback, This session is a double session taking you through the rest of the afternoon so you can really explore and indulge in a Laban subject. Lisa will facilitate your journey through 2 of the most wondrous aspects of advance Laban of the Planes and A scale, showing how beneficial these subjects can be to enhance movements and develop motivating and evocative class work. This session will be mainly practical covering unit 2 element 5 and unit 3 element 1 of KFA training syllabus. NB: choosing this session means it will apply as your selection for both session 2 and 3.</p>	3 ¼
	<p><b>Prime Posture</b> <i>Judith Lee</i> Judith is one of this year's specialist external tutors. A qualified physiotherapist Judith will explore the benefits of working on posture for seated classes. This session will be theoretical and practical covering unit 1 element 4 of KFA training syllabus.</p>	1¾
Saturday 15:00 – 16:30	<p><b>Lively Laban</b> <i>Sue Bennett</i> Using FITTA principles and the toolkit of KFA Physical Objectives, Sue will showcase how great using Laban is for developing fitness benefits. This session will be mainly practical covering unit 1 element 7 of KFA training syllabus.</p>	1½
	<p><b>Flooring it</b> <i>Jo Stanier</i> Focussing on the benefits of core exercises, this session will look at floor, standing and seated work to achieve fitness benefits and relaxation. This session will be mainly practical covering unit 1 element 7 of KFA training syllabus</p>	1½
	<p><b>Flying through the air and scaling the heights contd</b> <i>Lisa Terry</i> This session is a double session taking you through the rest of the afternoon. Lisa will facilitate your journey through 2 of the most wondrous aspects of advance Laban of the Planes and A scale, showing how beneficial these subjects can be to enhance movements and develop motivating and evocative class work. This session will be mainly practical covering unit 2 element 5 and unit 3 element 1 of KFA training syllabus.</p>	3 ¼

<b>Teacher Training Programme</b>		
	Sunday Sessions	CPD
<b>Registration, Welcome and Coffee 8.30 - 9.00</b>		
Sunday 09.00-11.00	<b>Come on the Hoops.</b> <i>Lynne Dowdican</i> Progressing the use of hoops beyond their basics and exploring of how using large apparatus can be both effective and fun for all your class members. This session will be mainly practical covering unit 1 element 6 of KFA training syllabus.	2
	<b>Make the Connection</b> <i>Rachel Liggitt</i> Rachel is one of this year's specialist external tutors. Steeped in the Laban discipline Rachel will help you understand the use of qualitative relationships in Laban's analysis, recognising their value in developing choreographic work. This session will be mainly practical covering unit 2 element 12 of KFA training syllabus.	2
	<b>Making the Effort</b> <i>Lisa Bigley</i> Lisa will demonstrate how introducing Laban's effort actions into your class work will create interesting and physically challenging outcomes. This session will be mainly practical covering unit 2 element 10 of KFA training syllabus.	2
	<b>Making the most of your toolkit</b> <i>Tina Kaufman</i> Tina will lead a workshop bringing and sharing ideas on ways to engage the older participant and how the effective use of KFA teaching methods, skills and styles can help improve and reinforce the class experience for all. This session will be theoretical and practical covering unit 1 element 2 of KFA training syllabus.	2
Sunday 11.20 – 12.50	<b>Extensions into Space</b> <i>Jo Stainer</i> Gain ideas for great class work by using the Laban's topic of extensions into space. This session will be mainly practical covering unit 2 element 3 of KFA training syllabus.	1½
	<b>Motions of Movement</b> <i>Faye Doorbar</i> Enjoy Faye's exploration of Laban's topic of motion factors to inspire and help KFA Teachers extend their interpretive skills. This session will be mainly practical covering unit 2 element 9 of KFA training syllabus.	1½
	<b>Choreography using Stimulus</b> <i>Sue Bennet</i> Responding to Concordat feedback, This session is a double session taking you through the rest of the afternoon so you can really explore and indulge in a Laban subject. Using unique stimuli, this session will focus on inspiration to extend your interpretive skills to take you on a journey of movement discovery, giving you ideas for innovative and purposeful class work. This session will be mainly practical covering unit 1 element 3 of KFA training syllabus. NB: choosing this session means it will apply as your selection for both session 5 and 6.	3
	<b>Life and times of the pelvic Floor</b> <i>Judith Lee</i> For many women it's certainly no laughing matter. Come along and learn how you can help your clients to live life, enjoy the good times and only say "Oops" when they get the steps wrong! This session will be theoretical and practical covering unit 1 element 7 of KFA training syllabus.	1½
<b>Lunch 12.50 – 13.45</b>		
Sunday 13.45 – 15.15	<b>Fun on the Dance Floor</b> <i>Ivy Purdham</i> Ivy will share with you ideas for producing exciting and fun class work to maintain interest and enthusiasm. This session will be mainly practical covering unit 1 element 3 of KFA training syllabus.	1½
	<b>Flex it</b> <i>Cathy Johnson</i> Easing you out, after a hectic weekend and promoting the physical objective of flexibility, Cathy will look at the benefits of introducing maintenance and development stretches into class work. This session will be both theoretical and practical covering unit 1 element 7 of KFA training syllabus.	1½
	<b>Choreography using Stimulus Contd.</b> <i>Sue Bennett</i> This session is a double session taking you through the rest of the afternoon. Using unique stimuli, this session will focus on inspiration to extend your interpretive skills to take you on a journey of movement discovery, giving you ideas for innovative and purposeful class work. This session will be mainly practical covering unit 1 element 3 of KFA training syllabus.	3
<b>Farewell Get Together 15.15 – 15.45</b>		

## Travel Directions

Directions available from [www.theaa.co.uk](http://www.theaa.co.uk) using the appropriate postcodes for venue(s) shown

### To the Hilton Hotel, 21 Junction Approach, Leicester

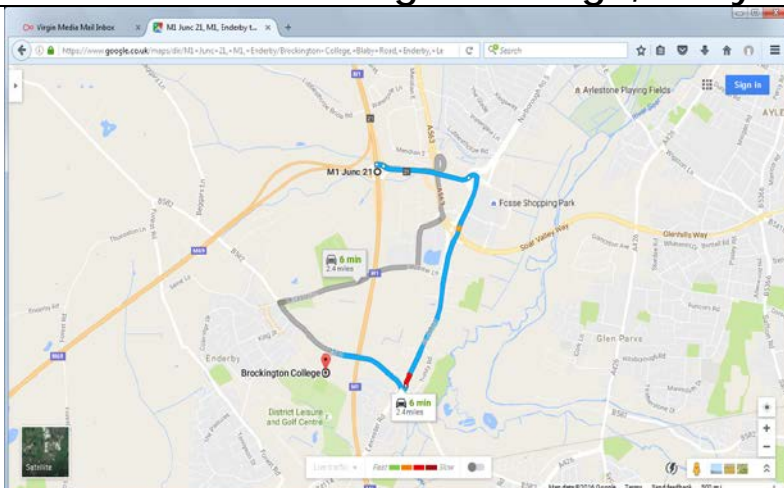


For Satellite Navigation please use the Postcode LE19 1DU

From the M1, exit at Junction 21. Go onto the A5460, heading towards Leicester.

After only 100 yards, take the left hand slip road under the bridge sign-posted for Meridian Business Park (you will see the Hilton hotel on your right). Approach the roundabout, go all the way round. Back on yourself and the hotel entrance is on your left.

### To Brockington College, Blaby Rd. Leicester LE19 4AQ



From M1 Exit 21, Enderby, United Kingdom

Head east 223 ft

Exit the roundabout onto A5460. 0.5 mi

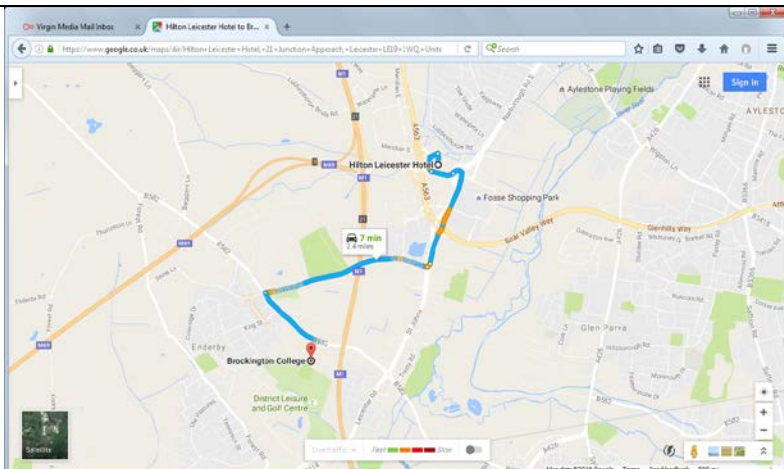
At the roundabout, take the 4th exit onto Narborough Rd S/B4114

*Continue to follow B4114 1.3 mi*

At the roundabout, take the 3rd exit onto Blaby Rd/B582 0.5 mi

Brockington College  
Blaby Road, Enderby, Leicester LE19 4AQ, United Kingdom

### From Hilton Hotel to Brockington College



Hilton Hotel

21 Junction Approach, Leicester LE19 1WQ, United Kingdom

Head north 354 ft

Turn left towards A5460 0.1 mi

Merge onto A5460 0.1 mi

At the roundabout, take the 4th exit onto Narborough Rd S/B4114 0.6 mi

Slight right towards Leicester Ln

118 ft

Turn right onto Leicester Ln 1.0 mi

Turn left onto Blaby Rd/B582 0.4 mi

Brockington College  
Blaby Road, Enderby, Leicester LE19 4AQ, United Kingdom

### By Train

Leicester Train Station is approx. 15 minute taxi ride (fee approx. £15.00)

These directions were submitted for publishing November 2016. The working party cannot be held responsible for any amendments to the above due to road/rail changes.