

Concordat 2018 Alliance of Excellence

Keep Fit Association

Laban Dance Fitness Annual Conference

for all

Teachers & Trainers

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
16.30 – 17.00 Closing

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

14th and 15th July 2018

Brockington College Leicester

Blaby Rd, Enderby, Leicester LE19 4AQ

Programme - Saturday Sessions

Where indicated, Session for Trainers - are open to all qualified Trainers and those who wish to undertake training studies.

Registration, Welcome and Coffee 9.00 - 10.00

Saturday 10.00 – 12.00	<p>Drawing the right line. <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 Diagonals to develop interesting and purposeful work. This session will be mainly practical covering unit 2 element 6 of KFA training syllabus.</p>	2
	<p>Developing your choreography with apparatus. <i>Gilda Chambers</i> Apparatus is a joy to work with and inspirational for developing dance presentations. Join Gilda in exploring how you use Ribbons as a choreographic tool. This session will be mainly practical covering unit 1 element 6 of KFA training syllabus.</p>	2
	<p>Maintaining muscle strength and fitness. <i>Carrie-Anne White</i> Carrie-Anne is one of this year's specialist external tutors. A qualified physiotherapist Carrie will explore the benefits of working with resistance bands to develop and maintain muscular strength for seated classes. This session will be both theoretical and practical covering unit 1 element 4 of KFA training syllabus and is part of Sit and StayFit and StayFit and Active strand of KFA work.</p>	2
	<p>Session for trainers - Spatial forms. <i>Sheila Bryan</i> This session is a triple session taking you through the full day to explore and indulge in this advanced Laban subject. This session will be mainly practical covering unit 3 element 13 of KFA training syllabus. NB: this selection will apply for sessions 1, 2 and 3.</p>	5 ¼

Lunch 12.00 – 13.00

Saturday 13.00 – 14.45	<p>Flying through the air and scaling the heights. <i>Jan Shapley</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. Jan will build on last year's introduction to the A scale by introducing inclinations to develop and produce interesting, evocative and challenging class work. This session will be mainly practical covering unit 3 element 14 of KFA training syllabus. NB: this session will apply for both session 2 and 3.</p>	3 ¾
	<p>Flow through time. <i>Marion Quick</i> Using simultaneous and successive flow, Marion will explore how this subject can enhance moves, to create interesting and physically challenging class work. This session will be mainly practical covering unit 1 element 3 of KFA training syllabus.</p>	1 ¾
	<p>Improving cardio vascular fitness. <i>Gill Beckett</i> Gill will take you through an interactive session to enable teachers of older adult classes to explore opportunities to develop cardio fitness safely with consideration towards health/physical limitations. This session will be both theoretical and practical covering unit 1 element 4 of KFA training syllabus and is part of Sit and StayFit and StayFit and Active strand of KFA work.</p>	1 ¾
	<p>Session for trainers - Spatial forms. <i>Sheila Bryan</i> This session is a triple session taking you through the full day to explore and indulge in this advanced Laban subject. This session will be mainly practical covering unit 3 element 13 of KFA training syllabus. NB: this selection will apply for sessions 1, 2 and 3.</p>	5 ¼

Saturday 15:00 – 16.30	<p>Flying through the air and scaling the heights. <i>Jan Shapley</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. Jan will build on last year's introduction to the A scale by introducing inclinations to develop and produce interesting, evocative and challenging class work. This session will be mainly practical covering unit 3 element 14 of KFA training syllabus. NB: this session will apply for both session 2 and 3.</p>	3 ¾
	<p>Improving personal performance. <i>Lynne Atalar</i> Using the essential teacher skills of observation and coaching, Lynne will demonstrate how to improve the achievement of class objectives without losing the pace of the session. This session will be mainly practical covering unit 1 element 2 of KFA training syllabus.</p>	1½
	<p>Maintaining and increasing flexibility. <i>Michelle Carter</i> Michelle will explore how KFA work can develop flexibility with a focus on older clients. This session will be both theoretical and practical covering unit 1 element 4 of KFA training syllabus and is part of Sit and StayFit and StayFit and Active strand of KFA work.</p>	1½
	<p>Session for trainers - Spatial forms. <i>Sheila Bryan</i> This session is a triple session taking you through the full day to explore and indulge in this advanced Laban subject. This session will be mainly practical covering unit 3 element 13 of KFA training syllabus. NB: this selection will apply for sessions 1, 2 and 3.</p>	5 ¼

Closing 16.30 – 17.00

Programme - Sunday Sessions

Where indicated, Session for Trainers – are open to all qualified Trainers and those who wish to undertake training studies.

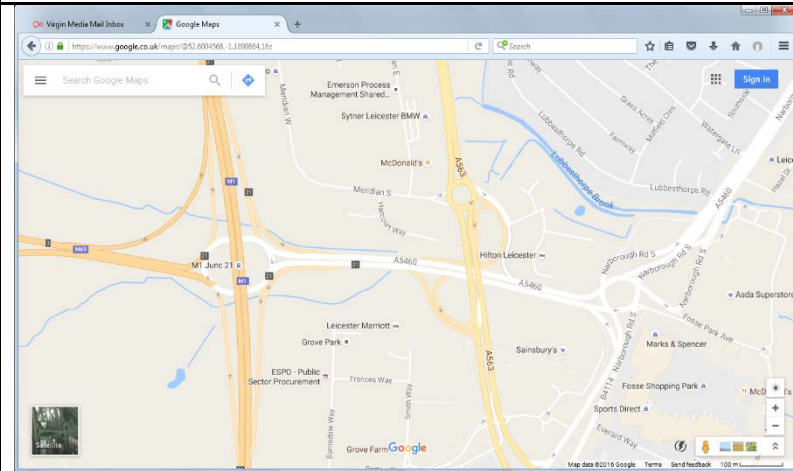
Registration, Welcome and Coffee 8.30 - 9.00

Sunday 09.00- 11.00	<p>Volutes and Steeples. <i>Ann Burley</i> Responding to Concordat feedback, This session is a double session taking you through the morning so you can really explore and indulge in this advance Laban subject. Using this unique stimuli, this session will focus on inspiration to extend your delivery of purposeful class work. The session will be mainly practical covering unit 3 element 15 of KFA training syllabus. NB: choosing this session means it will apply as your selection for both sessions 4 and 5.</p>	2
	<p>Make an effort. <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 Laban's theme of effort actions will develop dynamic and physically challenging. This session will be mainly practical covering unit 2 element 10 of KFA training syllabus.</p>	2
	<p>Music and rhythms. <i>Marion Quick</i> Join Marion to investigate the joy of using varieties of music and how using different rhythms can be both effective and fun for all your class members. This session will be mainly practical covering unit 1 element 3 of KFA training syllabus.</p>	2
	<p>Session for trainers - A Scale. <i>Val Adrian</i> This session is a double session to explore and indulge in this advanced Laban subject. This session will be mainly practical covering unit 3 element 14 of KFA training syllabus. NB: this selection will apply for both session 4 and 5.</p>	3 ¾
Sunday 11.20 – 12.50	<p>Volutes and Steeples. <i>Ann Burley</i> Responding to Concordat feedback, This session is a double session taking you through the morning so you can really explore and indulge in this advance Laban subject. Using this unique stimuli, this session will focus on inspiration to extend your delivery of purposeful class work. This session will be mainly practical covering unit 3 element 15 of KFA training syllabus. NB: choosing this session means it will apply as your selection for both session 4 and 5.</p>	1½
	<p>Floor for more. <i>Carrie-Anne White</i> Carrie-Anne will look at the benefits of focusing on the extensor muscles in class work an often neglected area but one that is so important. This session will be both theoretical and practical covering unit 1 element 7 of KFA training syllabus.</p>	1½
	<p>Weighting for time and space. <i>Gilda Chambers</i> Gilda will share with you ideas for producing exciting and fun class work that maintain interest and enthusiasm in class participants by using the dynamics of weight, space and time This session will be mainly practical covering unit 2 element 8 of KFA training syllabus.</p>	1½
	<p>Session for trainers - A Scale. <i>Val Adrian</i> This session is a double session to explore and indulge in this advanced Laban subject. This session will be mainly practical covering unit 3 element 14 of KFA training syllabus. NB: this selection will apply for both session 4 and 5.</p>	3 ¾
Lunch 12.50 – 13.45		
Sunday 13.45 – 15.15	<p>Make an impact on your class, be impulsive and add a little swing. <i>Lynne Dowdican</i> Lynne will offer an introduction to accents in motion. How using Laban's spatial concepts will make for exciting and enjoyable class work. This session will be mainly practical covering unit 2 element 9 of KFA training syllabus.</p>	1½
	<p>Exciting choreography. <i>Michelle Carter</i> Enjoy Michelle's exploration of choreography using basic Laban to inspire and help KFA Teachers extend their interpretive skills. This session will be mainly practical covering unit 1 element 3 of KFA training syllabus.</p>	1½
	<p>Air and floor combinations. <i>Lynne Atalar</i> Lynne will demonstrate how introducing Laban's space theme of air and floor patterns with relationships, into your class work will create interesting and physically challenging outcomes. This session will be mainly practical covering unit 1 element 1 of KFA training syllabus.</p>	1½
	<p>Session for trainers "A" movement study. <i>Rachel Liggitt</i> Rachel is one of this year's specialist external tutors. Steeped in the Laban discipline. Rachel will help you indulge after a long weekend using Laban's A scale to develop a movement study for personal enjoyment and to extend your personal movement skills. This session will be mainly practical covering unit 3 element 14 of KFA training syllabus.</p>	1½
Farewell Get Together 15.15 – 15.45		

Travel Directions

Directions available from www.theaa.co.uk using the appropriate postcodes for venue(s) shown

To the Hilton Hotel

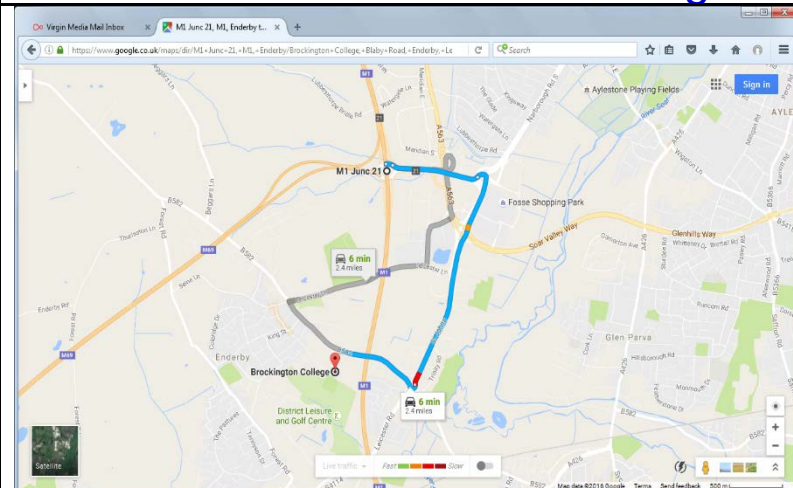


From the M1, exit at Junction 21. Go onto the A5460, heading towards Leicester.

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.

For Sa tellite Navigation please use the Postcode LE19 1DU

To Brockington School



M1, Enderby, United Kingdom

Head east 223 ft

Exit the roundabout onto A5460. 0.5 mi

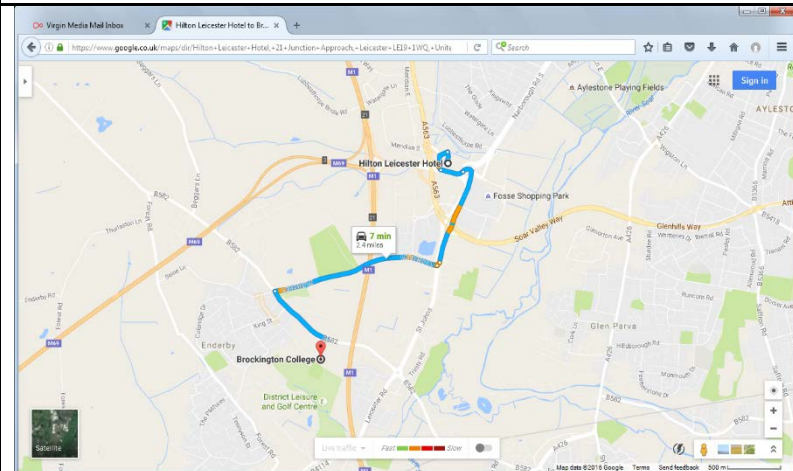
At the roundabout, take the 4th exit onto Narborough Rd S/B4114

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 School



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 2017. The working party cannot be held responsible for any amendments to the above due to road/rail changes.