

Concordat 2021 – Descriptors

Trainer	Subject	Session Description
Sue Bennett	Interactive Tools for your 2D Training	Sue will show you how to use a variety of platforms and tools to deliver a virtual learning experience when delivering online training
Sue Bennett	Personal Performance (of the teacher) Unit 1 Element 3	You are the primary visual aid when you deliver your class, so take this opportunity to observe, reflect on and improve your own performance
Lisa Bigley	Apparatus for Seated Exercise Unit 1 Element 4	Lisa will show you a variety of apparatus that can be used for seated exercise – expect the unexpected!
Lisa Bigley	Effort Actions with focus on choreography Unit 2 Element 10	Learn how to add quality and dynamics to your class work to make it more exciting and physically challenging to perform
June Billington	Incomplete Effort Actions Unit 2 Element 10	In contrast to the basic effort actions, incomplete effort actions give a more subtle approach when using dynamics of weight, space and time – they are pleasing and satisfying to perform. Come and learn how with June.
Ann Burley	Volutes & Steeples Unit 3 Element 15	Join Ann to further develop your knowledge of the ‘A’ Scale to create challenging and satisfying class work
Ann Burley	Transversal 3 rings Unit 3 Element 16	Developing planal movement with transversal 3 rings will stimulate your movement ideas and ensure a whole body approach to your keep fit lessons
Tonia Gabriel	An introduction to Resistance Bands for all class categories	Improving and maintaining muscular strength is a vital physical objective for all ages and abilities. Tonia will show how to use a resistance band to achieve this in standing, seated or floor work sessions Your own resistance band is essential for this session.
Tonia Gabriel	Spatial Body Actions Unit 2 Element 1	Join Tonia to study the core essence of whole body movement emanating from the spine. Let’s boldly go and put the wow! back into choreography for every class member.
Cathy Johnson	Extensions into Space Unit 2 Element 3	This wonderful Laban topic contains so much potential for classwork it would be a shame to miss it – learn how to develop your choreographic ideas by varying the degree of extension and size of movement

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Rachel Liggitt	Time, Weight & Space Lines Unit 2 Element 11	Time, Weight and Space Lines – Join Rachel an external tutor, for her imaginative and dynamic understanding of this Laban topic
Rachel Liggitt	Imagery & Dance improvisation Unit 1 Element 3	And now for something completely different.... an opportunity to improvise and 'let go' – a wonderful way to kick start your choreography and acquire ideas for classwork
Rachel Liggitt	Creative Stimuli Unit 1 Element 3	Where do I start with my lesson planning? Join Rachel and experience a variety of choreographic tools to inspire and develop your creative skills
Rachel Liggitt	Dancing Texts Unit 2 Element 8 (Expressive choreography)	Using text as your starting point, Rachel will work with you, through improvisation, to develop exciting and innovative movement phrases.
Mo Manby	Innovative ideas for the warm up Unit 1 Element 7	Fed up with your usual warm up moves? Then join Mo for a fresh approach to different ideas to get you and your class moving
Mo Manby	Dimensional cross Unit 2 Element 4	Discover how using the weight, space and time lines to create the dimensional cross adds countless challenges both physically and mentally
Gilly Martin	Planes Unit 2 Element 5	Gilly will be using the subtlety of the door, table and wheel planes to create choreography that will physically work the whole body
Ivy Purdham	Choreography for Seated Exercise Unit 1 Element 4	Join our lively trainer Ivy to explore the use of Laban's Analysis of Movement to add interest and extend chair based class work
Irene Saunders	Techniques to Improve Balance in older adults Unit 1 Element 7	This Balance, posture and alignment session focuses the role of the muscular and skeletal structures vital for improving posture, alignment and balance whether seated, standing or moving.
Irene Saunders	Core on the Floor Unit 1 Element 7	Using the floor to develop Core Strength using safe and effective exercises that engage all the major muscle groups to improve this An exercise mat is needed unless on carpet. A resistance band (or pair of tights) would be useful for some exercises
Lisa Terry	Music + Improvisation Including use of percussion Unit 2 Element 8	A fun session, using improvisation and percussion to develop the dynamic quality of your movement