



Concordat Live! 2022

Alliance of Excellence

**Keep Fit Association
Laban Dance Fitness Annual Conference for Teachers and Trainers**

**Saturday 16th - Sunday 17th July 2022
Brockington College, Blaby Road, Enderby, Leicester, LE19 4AQ**

Programme for the weekend			
Saturday		Sunday	
09.00 – 09.45	Registration & Refreshments	09.00 – 09.15	Registration
10.00 – 12.30	Session 1	09.30 – 12.30	Session 1
12.30 – 13.15	Lunch	11.15 – 12.30	Session 2
13.30 – 15.00	Session 2	12.30 – 13.15	Lunch
15.15 – 16.30	Session 3	13.30 – 15.00	Session 3
Please see Session Information on page 2 for exact timings of sessions			

All enquiries to: Cathy Johnson – Email: cathybroganjohnson@hotmail.com • Text/Call 07960 974315

Session Information

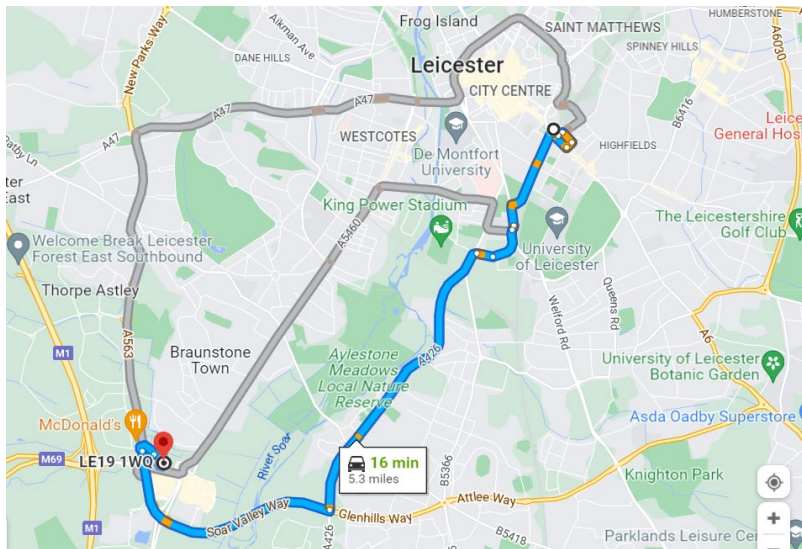
Saturday		
<p>10.00 – 12.30 Planes, Rings & Other Things Cathy Washbrooke Cathy is an external Tutor & will be bringing her own perspective to the creative development of a Laban topic</p>	<p>10.00 – 12.30 Choreography to Contrast Exercise, Movement and Dance Unit 1 Element 3 Lisa Terry Lisa will use Laban to allow you to explore and experience the contrasting styles of work offered by the KFA – Exercise, Movement and Dance</p>	<p>10.00 – 12.30 Apparatus for Seated Exercise Unit 1 Element 6 Sue Bennett Join Sue to explore the use of apparatus to add interest & increase the physical challenge in your seated exercise classes</p>
<p>13.30 – 15.00 Apparatus – Hoops Unit 1 Element 6 Lynne Dowdican Join Lynne as she progresses the use of hoops beyond their basics and shows you how using large apparatus can be both effective and fun for all your class members.</p>	<p>13.30 – 16.00 Qualitative Relationships Unit 2 Element 12 Maureen Chitty Gain the confidence with Maureen to include Qualitative Relationships in your classes, as they have such great choreographic potential and are one of KFA's unique selling points</p>	<p>13.30 – 15.00 Use of Voice Unit 1, Element 6 Marilyn Laverick Use of voice is an important teaching skill see how you can use it to achieve benefits for you & your class members</p>
<p>15.30 – 16.30 Stretch & Relaxation Unit 1, Element 7 Lisa Bigley Join with Lisa to wind down after a full day, either with a view to incorporating this in to your classes – or just for you!</p>	<p>16.00 – 16.30 Optional follow on for trainers Breakdown of how the learning was delivered <i>For Trainers whole session to be counted as training hours</i></p>	<p>15.15 – 16.30 Bubble Dance Cathy Washbrooke In this fun movement session Cathy will help you explore your kinesphere to inspire & develop your creative skills</p>

Sunday		
<p>09.30 – 12.30 Laban & Landscapes Cathy Washbrooke</p> <p>With Cathy you will explore a specific site (in/out doors), investigating textures and forms and translating these into creative movement</p>	<p>09.30 - 11.15 Choreography Using Diagonal Scales Unit 3 Element 13 Jan Shapley Discover the variety, interest and challenge to movement that this subject can offer</p>	<p>09.30 – 11.00 Use of Music to develop Dynamic Choreography Unit 2, Element 8 Gay Furnell Find out how to use music as the stimulus to enhance the dynamic quality of your classwork</p>
	<p>11.15 – 12.00 Optional follow on for trainers Breakdown of how the learning was delivered <i>For Trainers whole session to be counted as training hours</i></p>	<p>11.15 – 12.30 Core Stability Unit 1, Element 7 Irene Saunders Irene will show you how to improve Core Strength using safe and effective exercises that engage all the major muscle groups</p>
<p>13.30 – 15.00 Apparatus – Materials Unit 1 Element 6 Lynne Dowdican See how the use of materials can help you achieve a variety of physical objectives in your class</p>	<p>13.30 – 15.00 Dancing Texts Unit 2 Element 8 (Expressive choreography) Lisa Bigley Starting with text, through improvisation, develop exciting & innovative movement phrases</p>	

Travel Directions

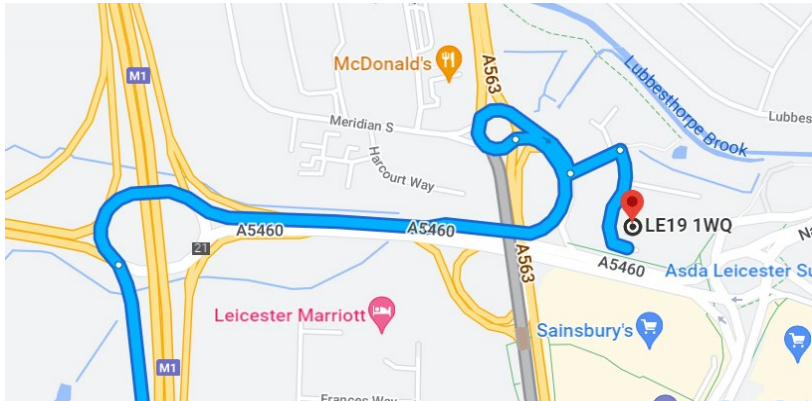
These directions were submitted for publishing March 2022.
The working party cannot be held responsible for any amendments to the above due to road/rail changes.

By Train



Leicester Train Station is approximately a 15-minute taxi ride to the Hilton Hotel

To Hilton Hotel (LE19 1WQ)



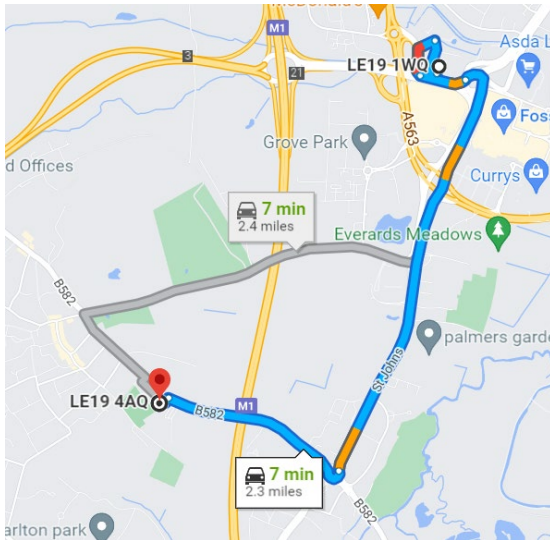
From the M1, exit at Junction 21.

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. The hotel entrance is on your left.

For Satellite Navigation please use the Postcode LE19 1WQ

From Hilton Hotel (LE19 1WQ) to Brockington College (LE19 4AQ)



21 Junction Approach, Leicester LE19 1WQ

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

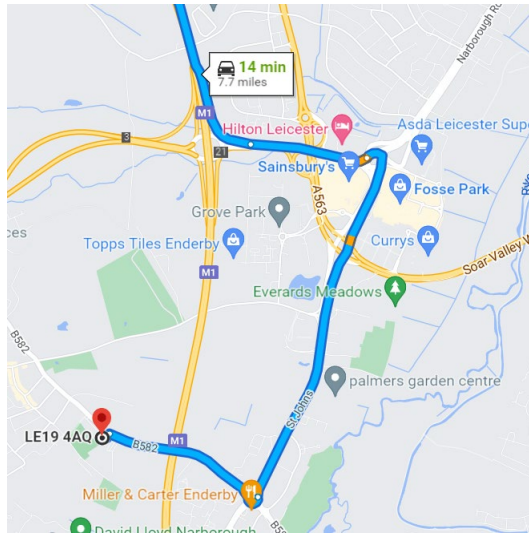
Slight right towards Leicester Ln (118 ft)

Turn right onto Leicester Ln (1.0 mi)

Turn left onto Blaby Rd/B582 (0.4 mi)

Brockington College, Enderby

To Brockington College (LE19 4AQ)



M1 Junction 21, Enderby
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