



# INSPIRE

THE ROYAL BALLET SCHOOL'S INSPIRATIONAL  
PROFESSIONAL DEVELOPMENT PROGRAMME



Inspire is a professional development programme designed for classical ballet teachers. The programme offers fresh and exciting ideas to guide teachers in their approach to Classical Ballet teaching.

Devised by The Royal Ballet School and held in the UK and internationally, these innovative events support the professional development of teachers from all backgrounds: experienced teachers to new teachers and student teachers. Teachers can gain valuable experience by taking part in the Inspire programme and can benefit from a unique networking opportunity.

*'This is a world first, we have brought together some of the finest ballet training tutors in the country to share the world-class expertise of The Royal Ballet School. These seminars and classes give teachers a fantastic experience that will enrich their practice.'*

**CHRISTOPHER POWNEY** ARTISTIC DIRECTOR OF THE ROYAL BALLET SCHOOL



# WELCOME

There are two series within the Inspire Programme, Series 1: Inspire and Series 2: Inspire to be.

Series 1 consists of six one-day seminars that contain a mix of practical and pedagogic study.

Series 2 follows on from Series 1 and consists of four one-day observation classes delivered to the students of the participating teachers. Through observing our experienced tutors in action, teachers will learn how to apply and embed the knowledge and understanding introduced within Series 1.



OVERVIEW



# SERIES 1: INSPIRE

All seminars are non-syllabus based with each day including both theoretical and practical elements. The seminars begin with exploring good teaching practice and the foundations of classical ballet technique, before progressing to explore various elements of ballet technique and artistry with emphasis on the teaching and learning process. As well as practical classes, the seminars cover an array of pedagogical topics relevant to the dance teacher of today.

Each seminar can be attended as a one-off event however it is recommended that, over time, teachers experience all six seminars in order to develop a comprehensive understanding of the full Inspire Series 1. Teachers can take the seminars in any order, however it is recommended that they be taken sequentially.



## SEMINAR ONE: THE FOUNDATIONS OF CLASSICAL BALLET



### Aims:

- > To provide a practical workshop for teachers that explores the basic concepts of classical ballet technique
- > To highlight the importance of the foundations of classical ballet technique including posture, placement, use of turn-out and weight placement
- > To explore the mechanics and aesthetics of port de bras
- > To introduce the concept of good teaching, leading towards the development of a personal philosophy of teaching

### Outline:

- 1 Overview of The Foundations of Technique
- 2 Practical Application of The Foundations of Technique
- 3 Port de bras: Line and Coordination
- 4 What Makes a Good Teacher?

## SEMINAR TWO: ANALYSING THE ELEMENTS OF TECHNIQUE PART ONE: BARRE WORK



### Aims:

- > To explore how we learn to dance through motor learning
- > To analyse the vocabulary of classical ballet that is taught at the barre
- > To develop skill in teaching barre work

### Outline:

- 1 Motor Learning: How Do We Learn to Dance?
- 2 Barre Work: Practical Application, Observation, and Analysis

## SEMINAR THREE: ANALYSING THE ELEMENTS OF TECHNIQUE PART TWO: CENTRE WORK



### Aims:

- > To explore how students learn and effective teaching practice
- > To analyse the vocabulary of classical ballet that is taught in centre practice
- > To highlight how classical ballet vocabulary progresses from the barre to the centre
- > To develop skill in teaching centre practice
- > To explore effective communication
- > To develop skills in the demonstration of enchaînement and the use of voice in delivering a lesson

### Outline:

- 1 How Do We Learn? How Should We Teach? An Introduction to Learning and Teaching
- 2 Centre Work: Practical Application, Observation and Analysis
- 3 Demonstration, The Use of Voice and Communication

### SEMINAR FOUR: ANALYSING THE ELEMENTS OF TECHNIQUE PART THREE: ALLEGRO



#### Aims:

- > To analyse the allegro section of classical ballet vocabulary
- > To highlight how allegro is developed at the barre and in the centre
- > To develop skill in teaching allegro
- > To develop skills in lesson planning and time management

#### Outline:

- 1 Allegro: Practical Application, Observation and Analysis
- 2 Lesson Planning and Time Management

### SEMINAR FIVE: ANALYSING THE ELEMENTS OF TECHNIQUE PART FOUR: POINTE WORK



#### Aims:

- > To analyse pointe work for students at different levels of training
- > To develop skill in teaching pointe work
- > To develop skills in enchaînement construction
- > To explore the concepts of motivation and effective feedback

#### Outline:

- 1 Pointe Work: Pre-pointe Training, Initial Pointe Training, Developing Strength and Control on Pointe, and Introduction to Advanced Vocabulary
- 2 Enchaînement Construction
- 3 Motivation and Effective Feedback

### SEMINAR SIX: GOOD TEACHING PRACTICE



#### Aims:

- > To gain practical experience in setting, demonstrating and correcting enchaînements
- > To develop effective teaching skills
- > To highlight the importance of developing artistry in tandem with technique

#### Outline:

- 1 Developing and delivering an Enchaînement
- 2 Épaulement, Style and Artistry



# SERIES 2: INSPIRE TO BE

All classes are non-syllabus based with each day including an overview of theoretical elements, class observation, discussion and reflection. Inspire to be allows participants to observe the teaching of classical ballet from the fundamentals and foundations of technique through to each aspect of the ballet class. It also includes artistry and musicality as well as pointe work for girls and the teaching of boys.

### The aims of Inspire to be:

- > To provide teachers with a comprehensive understanding of the foundations of classical ballet technique
- > To provide teachers with a grounding in relevant education practice
- > To assist teachers in improving the effectiveness of the teaching-learning process
- > To assist teachers in the application of pedagogical, technical and artistic knowledge into their practice



## DAY 1: ENTRÉE: CHILDREN'S FIRST STEPS IN CLASSICAL BALLET



This session allows teachers the opportunity to observe students in Years 3-4 and Years 5-6 being introduced to the foundations of classical ballet: the principles and technique. Teachers will observe how tutors apply pedagogical and creative practices to the teaching of the young child.

### Aims:

- > To provide a practical example of how to apply the knowledge and understanding from Series 1 to the practice and teaching of the young child
- > To develop observation, reflection and evaluation skills

### Outline:

- 1 Overview of the foundations of classical ballet technique and good teaching practice
- 2 Observing for learning: how to observe
- 3 Observation of Years 3-4 class followed by reflection and discussion
- 4 Observation of Years 5-6 class followed by reflection and discussion
- 5 Evaluation of relevant teaching strategies, methodologies and practises

## DAY 2: LEÇON: THE BARRE AND BEYOND



This session allows teachers the opportunity to observe students in Years 7-8 and Years 9-10. Teachers will observe and reflect how tutors apply pedagogical practices to the teaching of a ballet class.

### Aims:

- > To provide a practical example of how to apply the knowledge and understanding from Series 1 to the teaching of a ballet class
- > To develop observation, reflection and evaluation skills

### Outline:

- 1 Overview of the ballet class
- 2 Observing for learning: how to observe
- 3 Observation of Years 7-8 class followed by reflection and discussion
- 4 Observation of Years 9-10 class followed by reflection and discussion
- 5 Evaluation of relevant teaching strategies, methodologies and practises

## DAY 3: ASSEMBLÉ: THE ASSIMILATION OF TECHNIQUE, ARTISTRY AND MUSICALITY



This session allows teachers the opportunity to observe students in Years 8-9 and Years 10-11. Teachers will observe how tutors integrate the teaching of technique with artistry and musicality.

### Aims:

- > To provide a practical example of how to apply the knowledge and understanding from Series 1 to aid in the integration of technique, artistry and musicality
- > To develop observation, reflection and evaluation skills

### Outline:

- 1 Overview of technique, artistry and musicality
- 2 Observing for learning: how to observe
- 3 Observation of Years 8-9 class followed by reflection and discussion
- 4 Observation of Years 10-11 class followed by reflection and discussion
- 5 Evaluation of relevant teaching strategies, methodologies and practises

**DAY 4:**  
DIVERTISSEMENT: ACCOMMODATING THE  
NEEDS OF GIRLS AND BOYS



This session allows teachers the opportunity to observe girls within Years 9-11 and boys within Years 6-7. Teachers will observe how tutors apply pedagogical practices to the teaching of pointe work and to the teaching of boys.

**Aims:**

- > To provide a practical example of how to apply the knowledge and understanding from Series 1 to the teaching of pointe work and the teaching of boys
- > To develop observation, reflection and evaluation skills

**Outline:**

- 1 Overview of the teaching of pointe work and considerations for male students
- 2 Observing for learning: how to observe
- 3 Observation of Years 9-11 girls' pointe class followed by reflection and discussion
- 4 Observation of Years 6-7 boys' class followed by reflection and discussion
- 5 Evaluation of relevant teaching strategies, methodologies and practises





CONTACT

### Certificate of participation

A certificate of participation is awarded after each seminar and day. A final certificate of completion is given after finishing all six seminars in the Inspire series and all four days in the Inspire series 2.

A Royal Ballet School Inspire certificate can highlight your commitment to quality CPD for current and future employers.

### Location

Seminars will be available on a rolling basis in London, regionally and internationally where possible, and will be delivered at weekends and as part of our Summer Intensives. See our Seminar Schedule to find out when seminars are taking place.

### How to book

You can register your interest for the series 1 or 2 on our website and booking periods open each term.

Visit [www.royalballetschool.org.uk/inspire](http://www.royalballetschool.org.uk/inspire) to find out more.

