



LONDON CHILDREN'S BALLET

# HOW LCB CAN SUPPORT YOUR SCHOOL'S ARTSMARK JOURNEY



Artsmark  
**Partner**

*Supporting cultural education, endorsed by Arts Council England*



# ARTSMARK

- Artsmark is the creative quality standard for schools and education settings, awarded by Arts Council England, recognising their commitment to high quality arts and cultural education.
- London Children's Ballet is proud to be supporting schools and education settings on their Artsmark journey, inspiring children and young people to create, experience, and participate in great arts and culture.
- We offer education settings who are working towards, or currently hold, an Artsmark Award, with the following opportunities: Ballet for £1 and the LCB Touring Production.



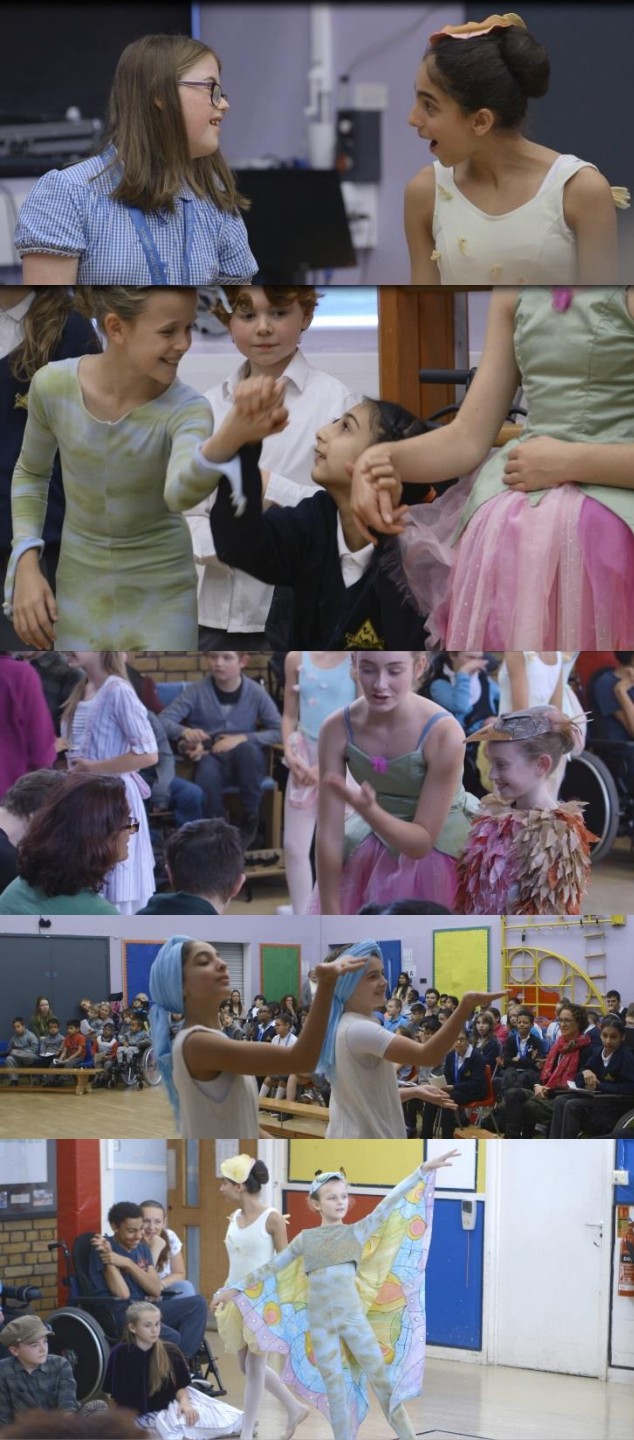
# BALLET FOR £1

- Every year, LCB invites primary schools to send one full year group between year 3 and 6 to attend a matinée performance of their West End production for only £1 per ticket. Included in that cost is the ticket to the ballet itself as well as a post-performance, in-school workshop for each class attending.
- LCB ballets are specifically designed to appeal to children and families. For many attending the schools' matinee, this is their first exposure to ballet and the impact it has on students is noticeable. The aim of this programme is to expand horizons and break down perceived barriers to ballet.
- In advance of their visit, schools are given an Education Pack with a plot synopsis, class exercises and games, ballet and stage practices and terminology, and historical information about the era in which the ballet is set to assist teachers with linking the visit to the Curriculum and making the most of their experience.
- The classes then attend the performance, watching the cast of dancers aged 9-16 perform, before receiving an in-school workshop that encourages them to try the basic movements of ballet to a live pianist, allows them to see costumes from the production and a set designer's model box, and informs them about the dedication and training required to be a part of a production like the one they just saw.
- LCB's mission is to change lives through dance. The hope of the *Ballet for £1* programme is to inspire both dancers and non-dancers to a future love of theatre and great storytelling – in all its guises. Children who have had no ballet exposure at all are left with a better understanding and appreciation for the hard work dancers put in and of the artform itself. There are also a number of instances in our 24-year history in which a child came to see an LCB ballet with their school through the *Ballet for £1* programme and then went on to participate in an LCB company a few years later.



# TOURING PRODUCTION

- Four small touring companies bring specially tailored 30-minute performances to residential care homes, hospices, day centres and Special Educational Needs schools. Following each performance, LCB's dancers mix with audience members either through a "meet and greet" at care homes or an interactive workshops at SEN schools, where young audience members are given the chance to dance based on the moves they have just seen and to feel and try on costumes.
- The aim of our touring companies is to enrich the lives of those who are not able to afford or physically access live theatre, LCB brings the fruits of the theatre production – the choreography, music, costumes and dancers – into the community.



# CURRICULUM DESIGN

## How can ballet be included or developed in your school and what might good dance provision look like?

A good curriculum allows pupils to have access to a broad and balanced range of subjects, through inspiring and engaging lessons.

Dance, and in particular ballet, provides an exciting vehicle for cross-curricular links, allowing students to understand and learn through physical and creative embodiment of wider school subjects or topics.

Schemes of work involving dance develop knowledge, skills and understanding of performance, choreography and appreciation of the arts.

Teachers develop varied and well structured schemes of work involving choreography, performance and appreciation that can be shared as good practice with other schools.

They will give opportunities for pupil self and peer assessment, through observing, reflecting and evaluating.

Good dance teachers will be delivering dance through different mediums, for example watching live dance (site-specific and theatre), watching dance for camera/film or internet forms, recorded dance works and filming and playback of students work.

They will have progression routes for talented students, with opportunities to develop and challenge high-ability students.

## How LCB can support you

When a school registers for LCB's *Ballet for £1* they will receive an education pack approximately two months before the performance.

This pack will provide frameworks of learning, schemes of work, classroom activities (potentially these can be used for assessments) and suggestions for cross-curricular links.

Activities are a mixture of written, creative and practical.

Links with the curriculum include History, Geography, Art, Music, French, Drama, English literature, PSHE (Citizenship) and P.E.

We also provide a list of other organisations and events for schools involving dance and theatre.

# RANGE OF OFFER

How can ballet be included or developed in your school and what might good dance provision look like?

As part of the full arts and cultural offer provided by the school, dance can play a key role.

Straddling both physical literacy and artistic/creative learning, dance is uniquely placed to enhance the arts offer in schools.

Clubs and activities that go beyond formal teaching.

Schools are timetabling opportunities for pupils to see live dance performances locally and where possible on high profile national stages.

They engage with workshops provided by dance companies they go to watch and make full use of the resources they offer.

Teachers engage fully with the material provided, workshops and performances.

Teachers look to develop relationships with dance organisations and continue to seek opportunities, stretching their knowledge.

## How LCB can support you

*Ballet for £1* provides pupils access to see a high-quality professional company in a West End theatre followed by a school workshop.

Dance, in this case ballet, has a long-term and deeper positive impact when taught by professionals. Our workshop leaders are all trained professionals who enjoy inspiring children to engage with dance and ballet. The in-school workshop includes:

- An informative DVD presented by LCB young dancers aged 9-16.
- A warm up which we link to science and P.E., discussing with the children why it is important to start a dance class in this way.
- The movement and ballet exercises are all linked to the production narrative and acting through movement rather than speaking. We try to incorporate group work, asking the children to choreograph their own short ballet-inspired piece of movement.
- Our pianist plays live music and encourage the children to think about rhythm and listen to the music rather than this being a secondary element.
- Our leader will discuss theatre and how many people are involved in creating a ballet or theatre show, making the children consider the different jobs involved in the performing arts. We sometimes bring a theatre set model box of an LCB ballet.
- Children have the chance to try costumes from an LCB production and see how wearing a particular style of outfit can help to create a character.

We encourage the teachers to engage with the workshop so they can continue this practice with students in the future.

The education pack encourages children to combine practical and written practice. We provide schools with ideas for continuing to engage with dance and theatre in the future, sign-posting events and organisations to contact, for activities in and outside of school. We encourage schools to share this information with parents.

# VALUES & ETHOS

## How can ballet be included or developed in your school and what might good dance provision look like?

Dance/Ballet helps pupils to connect between feelings, values and ideas. Expressing meaning through signs, spatial design and body language.

Dance can open students minds to explore a plethora of different, varied careers.

Regular dance activities are used to improve and develop both mental and physical health of the pupils.

The school demonstrates they value pupil's interests and skills by offering dance as part of a wide variety curriculum subjects.

Dance can be used as part of their Arts Award.

## How LCB can support you

*Ballet for £1* encourages children to experience ballet through multiple platforms: watching live performance in the theatre, trying dance for themselves in the workshops, as well as learning about ballet practice and linking dance to a wider cultural context.

The whole Ballet for £1 experience (activities in the education pack, the performance and workshop) can be used as part of a pupil's Arts Award.

We can also provide ideas for children to write blog posts for school websites, which can develop the voice of pupils and encourage them to be critical.

As part of the education pack LCB will provide a list of other activities linked to ballet, dance and theatre (mostly FREE) that can be shared with parents and students to encourage them to continue their learning and engagement outside school.

We also encourage children to stay connected with LCB with our vision that children who show talent for ballet will one day audition with us. If we look for any children who are particularly talented or show a real interest for ballet during the workshops we can put them in touch with a ballet school if we know any locally.



# EQUALITY & DIVERSITY

## How can ballet be included or developed in your school and what might good dance provision look like?

Dance gives pupils artistic and aesthetic understanding and cultural awareness. Pupils appreciate diversity in cultures, cultural values and traditions, understanding of signifiers of identity and physical empathy and understanding of difference.

Dance can deliver issue-based work, creating social and cultural cohesion by addressing values and developing an appreciation of diversity.

Dance can play an important part in a pupil's personal, social, health and economic education (PSHE) in a creative and stimulating way.

The school offers a curriculum which is balanced and broad. It should promote the spiritual, moral, cultural, mental and physical development of pupils; preparing students for the opportunities, responsibilities and experiences of later life.

Dance is used to gain appreciation of diversity in other cultures, creating empathy and understanding of difference between people. Dance can also allow pupils to express their own culture and traditions.

## How LCB can support you

LCB ballets include important moments of personal growth and development in their characters' moral code and personality. Characters also often demonstrate noteworthy qualities and values. These moments are discussed in the education pack with accompanying activities. LCB ballets incorporate different cultures which are also discussed in the education pack with historical and geographical curricular links and activities.

LCB tours take a condensed version of these ballets to SEN schools. The venue receives a synopsis of the ballet before they take part as well as posters to create buzz and excitement. The ballet is performed to the orchestral score record live in the theatre.

LCB will lead a meet and greet and sensory workshop between the children and dancers. Children have the chance to feel the costumes, try some on and upon request learn ballet mime and adapted movements based on the ballet story they have just seen.