



AUSTI.
DANCE AND
PHYSICAL THEATRE

Educational Workshop Program

'Confidence to Create'

"The high school workshop put on for our students was extremely valuable. Not only did it cater to those who had significant dance knowledge and experience, it also gave insight and confidence to those who were just beginning their journey in dance."

- Leigha Poulton (Nowra High School)



About the program

AUSTI.'s Dance & Physical Theatre's '*Confidence to Create*' program supports HSC & High School Dance Teachers & Students, with curriculum-relevant programs designed specifically to further their skills and competency in performance and/or composition.

Designed to inspire and build creative confidence in dance students Year 9 - 12, based on Stage 5 & 6 Curriculum outcomes. Teachers can choose from face to face incursions, excursions or 3-4 hour online workshops. With the option of online workshops delivered directly to your school, in students homes, or both. Times are scheduled around your school timetable.

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CURRICULUM LINKS

Stage 5 & 6 Dance: Performance & Composition

Our workshops aim to develop students skills in both Performance and Composition so upon completion they are able to:

- Execute a range of body skills with correct technique, alignment and performance quality;
- Generate movement by incorporating a variety of improvisation techniques;
- Personalise movement through manipulation and abstraction;
- Reflect on their practice to achieve better outcomes;
- Appreciate dance as an art form



Sample Program Outline

- Contemporary technique class – incorporating a variety of body skills, focus on elements of dance, kinaesthetic awareness, focus and mindfulness.
- Discussion – class challenges, observations, thoughts.
- Break.
- Partner composition task – relationships, building connections, spatial awareness & creativity.
- Discussion – task challenges, observations, thoughts.
- Guided Improvisation Session – utilising elements of previous tasks.
- Discussion / Sharing.
- Manipulation and abstraction task from AUSTI.'s set repertoire.
- AUSTI. Performance from set repertoire so students can see the relationship between the previous tasks.
- Q&A session.

Teacher Testimonials

"The 4 hour workshop challenged the students' perception of choreography improvisation, and technique. It forced students to focus and really personalise, emotionally and physically connect with the movement they were performing and generating. Students were given the opportunity to take ownership of the movement and use real life experiences and feelings to inspire their movement."

- Holly Organ - Oak Flats High School

"Over the past couple of years my students have participated in Austinmer Dance Theatre's high school workshop and absolutely loved it. Michelle and her team came out to our school and on another occasion, we have travelled to her rehearsal space on excursion. Both events were so engaging for the kids and were even such a valuable teaching tool for me. The types of activities were fun, unique and sparked the imagination and creativity within my students, particularly when studying composition."

-Ann Page - Kanahooka High School

"The high school workshop put on for our students was extremely valuable. Not only did it cater to those who had significant dance knowledge and experience, it also gave insight and confidence to those who were just beginning their journey in dance. All the tutors were approachable, encouraging, and relatable making for an extremely enjoyable and eye opening day. I would highly recommend this workshop to all students and teachers alike."

- Leigha Poulton - Nowra High School

"Elective Dance students were able to participate in a rare and exciting opportunity. Company members from AUSTI came to East Hills Girls Technology High School and conducted a series of compositional activities with the students to assist them in generating unique and abstract movement.

At the end of each workshop, the company members performed excerpts from their most recent stage performances. The students were left in awe and completely inspired to follow their passion in dance and chase their dreams like the company members have."

- Amelia Morello - East Hills Girls Technology High School



Investment

4 hour workshop: \$500 base rate or \$20 per student
3 hour workshop: \$400 base rate or \$20 per student.
2 hour workshop: \$300 base rate or \$20 per student.

For further information contact:

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Follow us on:



*All teachers hold current WWCC numbers.

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About AUSTI. Dance & Physical Theatre

AUSTI. aims to bridge the gap between full-time dance training, tertiary education and a professional dance career.

Our mission is for AUSTI. Dance & Physical Theatre to act as a stepping stone for all dancers looking to enter the professional dance industry. We build strong, confident dancers through passion and commitment giving them the physical and the inner strength required to achieve their dreams in an environment where training, technique, support and encouragement are the key to future success.

An Inspiration to all Young Dancers!

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