



Residency Objectives and Outline

Even if you have two left feet, THREE LEFT FEET believes every 'body' can dance!

High Energy! Fabulous! WOW! Three Left Feet will groove the days away at your school. Students will love this jam-packed movement adventure that will make them:

Jump! Spin!

Twist and fly,

Groove to the rhythm and leap up high!

We incorporate elements from dance, music and theatre into our teaching syllabus. Over the course of the residency, we will meet with each class a number of times. Teachers gain resource material and professional development. Everything we teach in residencies can be used in future endeavours. Three Left Feet works with students to achieve the following objectives:

1. Physical Articulation and Expression

- i) Students learn to express themselves with their bodies
- ii) Students learn to execute physical contrast, timing and shapes with their bodies, in choreography and/or improvisation
- iii) Students explore musicality: counting music and identifying the downbeat
- iv) Students bear some responsibility for memorization of physical material
- v) Students participate physically throughout the class and so fulfill the requirement for daily physical activity

2. Community Building and Leadership

- i) The entire student body works together to achieve success during the residency, and then celebrates their collective accomplishment
- ii) Students participate in group activities in dance class, with a positive and inclusive attitude
- iii) Students learn to perform with confidence
- iv) Students are encouraging and respectful audience members

3. Three Left Feet imparts familiarity, understanding and appreciation for:

- i) Self-expression. We foster confidence by teaching students how to use their own unique energy, ability and personality to enhance the choreography
- ii) The experience of teamwork within their community
- iii) Different types of dance
- iv) Dance class structure
- v) Performance
- vi) Fine Arts Education

Basic Class Activities

Dance classes with Three Left Feet are generally 35 minutes in length and always include the elements listed below. As the residency progresses, more time is spent in activity and less time in explanation.

Introduction to the Three Left Feet artist(s)

- Who we are,
- What we do, and
- A quick overview of the rules for dancing with the company artist(s) during the residency

Call and Response rhythm and movement game

- A fun, rhythmic way to focus student attention

Warm-up

- Get bodies moving and get the mind engaged to the task at hand
- Students are expected to lead components of the warm-up and are given careful, thoughtful instruction on how to do so.

Dance Combination

- Putting all the moving parts together to create one fantastic dancing machine!

Teachers are required to remain in the gym for the entire workshop as well as participate in the warm-up, and monitor all of the dance activities. Having the teacher in the gym with Three Left Feet sets the tone for the students and gives the teacher firsthand knowledge of our movement practices.