

## **Pedagogical objectives**

### **Contemporary Dance Class – Gymnase**

#### 1. Technical development and progress:

##### a) Floor work

For the coming season my goal is to advance with the entire group on the floor work technique, improve the understanding of the fluidity and connection with the floor, improving the overall strength, coordination and including more and more acrobatic elements that already have been introduced.

##### b) Balance, work in space

Once standing up I wish to reinforce the overall strength between upper and lower body, strongly concentrating on the off-balance work in space, also using vocabulary of classical ballet / modern technique and transforming it into contemporary movement as to help students make a link between the two techniques.

Influencing the understanding of the spirals in the body, and strongly awakening the leg and arm work.

##### c) memory and learning process

Insisting on the faster, more efficient and clearer learning process and working on the concentration in the class.

#### 2. Quality work – clarity of a gesture and musicality

This year I could witness that our students miss the deep concentration and they don't know how to study the movement and where it exactly comes from.

They can perceive the big picture, but they miss the patience and understanding of the kinetic change that happens.

Also, they miss a general clarity of the movement, they tend to mix and skip the details even if it is insisted in the class.

I will strongly influence and insist on the „quality” work, so they can clearly differentiate between the dynamic, style, musicality and force used in the phrases and in the exercises

#### 3. Coaching for the future choices of career, coping with stress, mental/emotional motivation,

In the end, my role is also help the students prepare mentally and emotionally for the auditions, as they make choices whether they want to follow the career as a dancer or not. I decided to create space (profiting form 2 classes a week) to see each of them individually every 3 months for a „bilan individuell” and feedback session therefore they can progress with more awareness and directly ask questions that may arise during the class.

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