

# THE GRC SCHOOLS PACK

- Performing Arts Experiences For Young People -

"The kids absolutely loved doing it. Grace hasn't stopped dancing since we got back." – R. Prideaux-Reynolds, Parent.

"The creative ideas and the caring, positive personalities you have are outstanding." – T. Davis, Parent.

"I am always amazed how much everyone has progressed since the previous performance!" – N. Lecky-Thompson, Parent.

## MOMENTUM Street Dance

EXPERIENCE FEEL-good, PHYSICAL EXPRESSION and get GROOVY!

**Introduction** – What we will be exploring today!

**Warm Up** – Get the body ready to dance.

**Technique** – Learn some foundation steps from authentic street dance styles.

**Combination** – Put together a 'routine' using the foundation steps learned today, and in previous MOMENTUM workshops.

**Voyager + -**

**Free-Style**

**Development** – We may also introduce free-style development; using the skills and techniques learned over the course to encourage independent choreography and develop confidence to freestyle.

**Cool Down** – Ensure that the body comes to a safe stop after dancing.

**Recap** – An opportunity for the students to acknowledge their experience of the session, to ask questions and to offer and receive constructive feedback where appropriate.

**Voyager +** - A look ahead to the next workshop.

## WORKSHOP STRUCTURES & CONTENT

Voyager + = Additional content for workshops as part of a Voyager course.

### NX-GEN Drama

**BUILD CONFIDENCE COLLABORATING WITH CLASSMATES and CREATIVELY EXPLORE a SUBJECT!**

**Introduction** – What we will be exploring today!

**Warm Up** – Get the mind, body and voice ready to act.

**Games** – Fun group activities to encourage energy, focus and team work.

**Skills Builder** – A variety of exercises to help develop essential skills for drama and performing.

**Voyager + -**

**Performance**

**Development** – We may also introduce Performance Development; using the skills and techniques learned over the course to create a performance piece and /or encourage independent creativity and confidence in devising.

**Recap** – An opportunity for the students to acknowledge their experience of the session, to ask questions and to offer and receive constructive feedback where appropriate.

**Voyager +** - A look ahead to the next workshop.



"Laura and her team create something truly spectacular." – K. Dudley, Parent.

"I particularly enjoyed seeing the children I teach at Goring Primary School being given a chance to 'stretch themselves' and shine - in acting and in dance."

- E. Parkinson, Primary School Teacher.

"Maya was really proud of herself. It's so great to see her growing in confidence."

- L.Kent, Parent.

"I just wanted to thank you for the contribution that Momentum Street Dance made to yesterday's Streatley School Fete. It was absolutely tremendous."

- Imogen Haig, Chair - Friends of Streatley School

### Chill Skills

**Move, Play, Stretch, Breathe, Massage, Be Positive, Meditate...**

Chill Skills follows a seven-step structure, leading the students effectively through complimentary techniques, to take them from high energy and anxiety to positive reinforcement and peaceful relaxation:

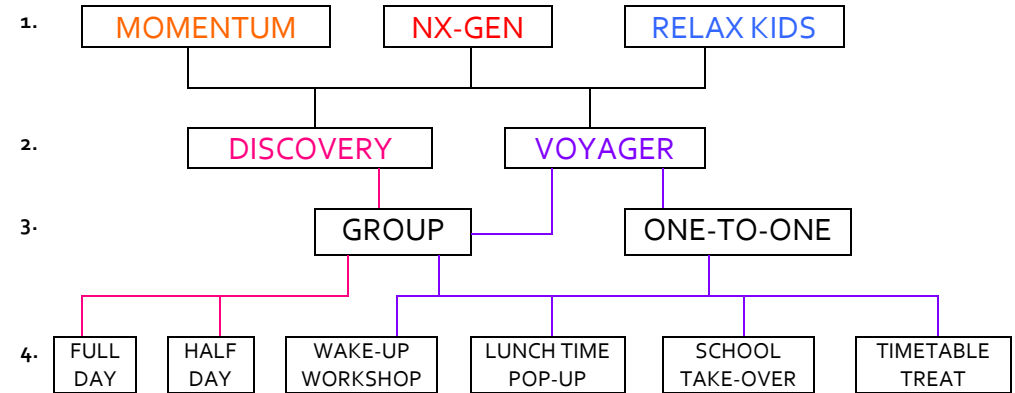
1. **Move** – Physical theatre activities or dance/movement to music.
2. **Play** – Energetic or relaxation games.
3. **Stretch** – Traditional yoga-style movements suitable for young people.
4. **Breathe** – A variety of safe and calming breathing exercises.
5. **Massage** – Peer massage following narrations and/or imagined movements.
6. **Be Positive** – Positive affirmation exercises.
7. **Meditate** – Teacher lead visualisations and meditations to narrations accessible for young people.

**Round Up** – *How do you feel now?* An opportunity for the students to acknowledge their experience of the session and to ask questions.

**Voyager +** - A look ahead to the next workshop.

## Tailoring your GRC Schools Experience

Create a GRC experience to suit your school!



1. Choose your GRC activity, or a combination.
2. Choose whether you'd like a one-off Discovery experience or a progressive course with a Voyager experience.
- 3.\* If choosing a Voyager experience, decide whether you would like group workshops or one-to-one sessions, or a combination.  
\*All Discovery experiences are run as group workshops.
- 4.^ For Discovery experiences, choose whether you would like a full or half day of workshops.  
For Voyager experiences, choose where in your school day you would like your workshops to run. If doubling or tripling up on Voyager experiences, workshops must run consecutively, though you are free to choose where to start and end your workshops.  
^All timetabling of workshops is subject to availability. We will endeavour to provide you with your choice of workshops at the time of your enquiry, or will happily work with you to find an alternative to suit.

"If you could bottle [Laura's] energy, enthusiasm and ability to get the best out of people I'd buy the lot." - K Smith, Adult Class Participant.