Northwest REGIONAL LEARNING Consortium

NR.OTH19.006FS Dance Decoded

PRESENTED BY

Erin Post

SERIES SESSIONS

Date	Time
January 25, 2019	9:00 AM - 3:00 PM

LOCATION

The Studio - 9638-115 Street

FEE

$150.00

QUESTIONS?

Contact Us:
nrlc@arpdc.ab.ca
780-882-7988

REGISTER ONLINE

Visit our website to register:
nrlc.net

Program

Does the thought of teaching the dance portion of the curriculum cause you avoidance, inward groans or putting on videos of "Just Dance" or "Go Noodle". Maybe you can teach it, but wish you had stronger skills? How would you feel if you could truly understand dance, and actually cover it all without feeling overwhelmed? Whether you are a grade teacher or a Phys Ed specialist, you will walk away with a true appreciation of music, movement and how to nail each of the Outcome A requirements for Dance, along with several Outcome B, C and D in a way that is ready to use!

This 6 hour course will be taught in layers to help you to understand the building blocks of music, how to hear it, move to it, and teach it to children and teens. The first will help you to understand the building blocks of music - how to hear it, move to it, and teach it to children and teens. The next layer is learning common movements, and setting them to music. This year's focus style will be hip-hop/top 40. You will walk away with 3 songs of choreography ready to teach, along with the skills needed to develop your own choreography. You will be able to teach your students to be choreographers and perform like the stars you know they are!

This session will involve well... dancing, so please come with a desire to have fun, and wear comfortable clothing and athletic shoes. Please bring a filled water bottle and yes, coffee, if that will put pep in your step!

This workshop is perfect if you:

- Are a Phys Ed specialist
- Are teacher who teaches PE
- Are teacher who covers both music & PE and wish to blend the concepts
- Want new ideas for indoor recesses and in-classroom PA
- Want a new, unique skill set
- Just want a fieldtrip, a day of fun and some new ideas ;)

Presenters

Erin Post

Erin Post took her first fitness class in college and got hooked. Much to the surprise of her high school Phys Ed teachers, a fitness instructor emerged. In 2006, Erin was in two car accidents causing neck and back injuries. This helps her to understand barriers and challenges others face while trying to start or maintain a healthy, active lifestyle. Erin's goal is to help everyone to feel successful, and celebrate what their body can do!

After 20+ years as a certified fitness professional, Erin's formal training and experiences include: Zumba, barre, spin, strength training, cardio kickboxing, water fitness and everything in between. For over a decade, Erin's has been an Alberta Fitness Leadership Certification Association (AFLCA) Assistant Trainer mentoring new instructors, assessing them for certification, teaching training workshops and helping them succeed in the industry. While traveling, she often guest instructs, most recently, in Cozumel, Mexico!

Recently, Erin became the dance instructor for the GPCSD Celtic Academy, and teaches the dance curriculum to students Grades 4-8. This awesome experience has inspired her to help other schools provide a similar experience to all students who are not a part of the Academy.

Registration Notes

Lunch is NOT included.

Please wear comfortable clothing and athletic shoes. Please bring a filled water bottle and yes, coffee, if that will put pep in your step!