

*La
Crème*

DANCE
Academy

NANANGO, KINGAROY & TOOWOOMBA

#myfirstdayatlca



Teacher

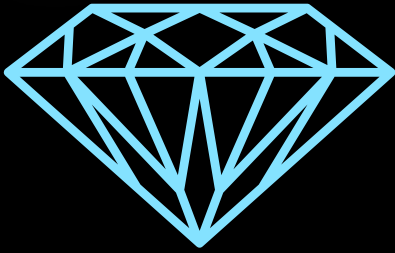
DIAMOND

WWW.LCDA.NET.AU

Welcome to our teaching team

Now that you have completed our **Sapphire** Level teaching course, it's time to take on the **Diamond** - full of tips and skills needed to prepare you for teaching your very own class!

Dance Teacher: A multi-tasking, choreographing rock star who lives to inspire and loves to encourage. They're kind of a big deal.



THE HAPPY MEAL



LOGO



UNIFORM



PRODUCT



Activity:

WHAT ARE SOME THING THAT NEED TO REMAIN THE SAME IN ALL CLASSES



Prep your mind

CLASS PREP

In a class full of children anything can happen! In order to deal with things as they arise, you need to know the exercises and lesson plan on auto-pilot. It's a great idea to do a 'rehearsal' before your classes and to also let your assistant teachers know in advanced if there is anything in particular you would like the to do.

Prep your studio

Make sure your studio is set up before your class arrives - this cannot always be done with back to back classes, but if you only have one aerial class that afternoon it is expected that you have what you will be using set and ready. Make sure all other props are accessible. Make sure the room is an appropriate temperature with good ventilation and the lighting is good.



Prep your sound system

Check your sound system works and is an appropriate level. You would be surprised how many times teachers go to start a class and for some mysterious reason the music doesn't play. Some teachers like to play their music from an apple watch so that they can keep their eyes on the class.

CREATING PLAYLISTS

Creating a playlist for younger classes is a great idea to save loosing their attention while your flicking through songs. Young children need the class to keep moving otherwise you will find children moving off their spots, turning to negative behaviour, asking for unnecessary drink/toilet breaks or even attempting to leave the class.

Build your class like a salad...

START WITH A LEAFY BASE

Dynamic warm up and a fun conditioning exercise & stretching

CHOOSE SOME TOPPINGS

Practise fundamental steps and combinations in the centre and across the floor

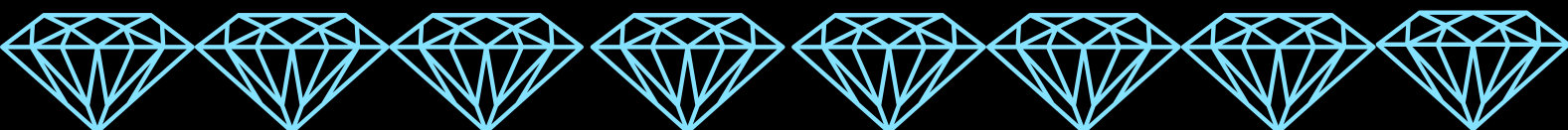
PUMP UP WITH PROTEIN

Learn a fun combination. Have the class take turns in watching groups perform the combo and perhaps film a group. Keep the vibes positive but encouraging dancers to clap and cheer for their class mates.

TOP IT OFF WITH A DRESSING

A cool down song is a nice way to end a class - especially on a hot day. Put on some gentle stretching music, make a circle and go around the room asking students what they enjoyed the most.

You may not get through your whole playlist each lesson depending on what unfolds. It's always better to have extra options rather than run out of music. The amount of exercises you can get through does depend on how many students you have in each class.



WHAT'S TRENDING?

Ensures that your skills, choreography and music remains current and relevant -Children are pretty good at catching up with the ins and outs of dance moves and music, especially now that social media is dominating the way we interact. Be sure to keep up with the latest trends to ensure children are feeling connected and engaged in your classes



WATCHING WEEKS

With the C word less of a hype these days we are hoping to re-introduce our end of term watching weeks. Please ensure you have planned your classes well, welcome the parents to the class, rotate lines and make the class fun and fast moving. It isn't the most exciting for parents to watch a dance being learnt or polished.

Parents watching classes

For some children, leaving parents can be a big deal. If you have tried some of the strategies above the child may find comfort with their parent in class (however try to only use this as a last resort). If you find you have parents in the studio watching classes, politely ask them to wait in the waiting room so that the class is not disrupted. Let them know their child will learn more efficiently without them and we will have watching weeks for them to see their child progression.

MAKING USE OF ASSISTANT TEACHERS

ALWAYS SHOW RESPECT TO YOUR ASSISTANT TEACHERS AND BUILD A HEALTHY RELATIONSHIP TO GAIN THEIR MOST VALUABLE HELP.

Have assistants help students get ready or mark the roll on your phone. This is especially helpful if you have changed studios so you can connect to the speaker, change shoes, etc

Does a dancer need a bit of one-on-one help? Have the assistant teacher help that student, which allows you to keep the class moving.

Give them the opportunity to take a warm-up or travelling combo occasionally. Join in at the back of the class and prompt them if they get stuck. Encourage them to build their confidence.

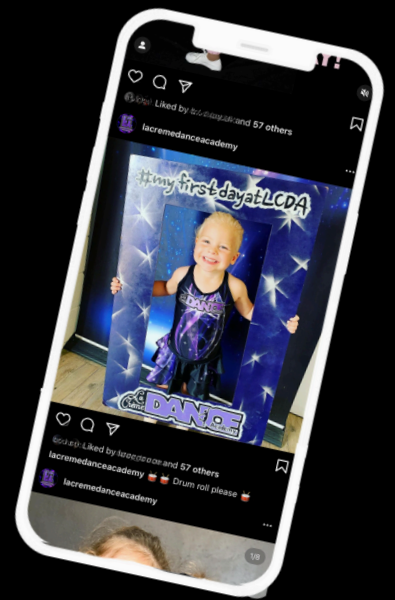
Split into groups - if you know your assistant is capable, split into groups and perform a different skill at each teachers station. You can get things covered in half the time.

💡💡 Activity: LIST OTHER WAYS AN ASSISTANT TEACHER WOULD BE HELPFUL.

YOUR IMAGE

Now with social media so popular and phones a part of everyday life, everyone is following what you post and how you post it. From employers and fellow teachers, to students and parents. Keep in mind how you display yourself on social media and who you allow to see your content. This can include the wording you use or the picture you use. Your digital footprint does impact on the way parents respect you as a professional,

'Everything you post on social media impacts your PERSONAL BRAND. How do you want to be known?' ~Lisa Horn



PARENT/STUDENT CONTACT

From time to time parents or students may contact you via message or talk to you directly in relation to a class question, general questions or to voice an issue. You are welcome to answer them if you wish, however if you feel uncomfortable in any way, please direct the query back to the director. You are not expected to deal with complaints or conflicts. Please give us as much detail as you can so that we can address the issue.

INJURY & INCIDENT

Whilst we know every effort is made in class to avoid injury, we recognise that dance is a physical sport and sometimes injury can occur. It is important to immediately assess the student when an injury occurs. Simple first aid is helpful, apply ice, get the student to rest to the side, contact the parent through the emergency contacts if necessary.

No matter how small the injury, please notify the director of the injured person and all details that you have so that an incident report can be prepared & sent to the parent.

There is a QR Code near each stereo for the incident notification.

1
ASSESS THE SITUATION

Ask the student what happened and assess the seriousness of the situation - this may mean asking the injured person or witnesses a series of questions (ie - are you dizzy, where is the pain, etc)

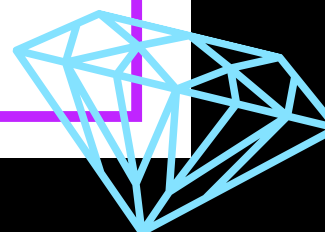
2
RICE

Apply ice if required. It is good to apply ice even if you feel it is not needed. Keep in mind the acronym RICE (rest, ice, compression, elevation).

3
NOTIFY

Notify the director if they are teaching close by. Notify the parent if it is necessary. Call an ambulance if required.

Activity: SHARE A INCIDENT/INJURY SCENARIO AND HOW TO ADDRESS IT



BODY LANGUAGE

Think about how your body language motivates and encourages your students (or, if the body language is negative, how it might deter your students). Your posture, engagement, confidence, and connectivity influences your class as much as your verbal language.

Are you smiling more often than not? If you make even slight adjustments to your dance teacher body language, you will be surprised at the difference it can make in the energy of your classroom!

Create a safe, friendly and positive atmosphere.

TEACHING METHODS

Here is a simple breakdown of each style and how it can be utilised in the studio or classroom:

- **Formal Authority.** The teacher gives the information and the students receive it. eg. Verbalising a correction or direction
- **Demonstrator.** The teacher demonstrates and the students observe and participate in the class. Be conscious to demonstrate facing the class as much as possible so you can observe and connect with your students
- **Facilitator.** The teacher encourages, helps and guides the students towards their given task or goal.
- **Delegator.** The teacher is available to help the students but the students are responsible for working independently on their own projects.

THE IMPORTANCE OF WARM-UP AND COOL-DOWN

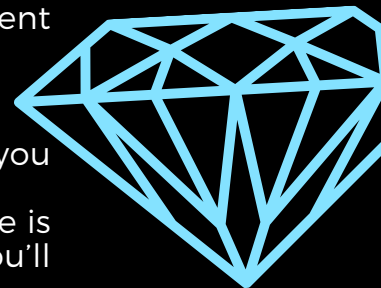
A safe warm up gradually increases the body temperature to an optimal working level and helps to avoid injuries.

The cool down is just as important after dancing as this can help to reduce muscle soreness and speed up the recovery process after the activity.

MANAGING CLASS TIME

"There just isn't enough time to get everything done." Time management can be hard. Here are some ways to be a more productive teacher:

- Start and end with purpose - make every minute count.
- Make a list - tick off exam exercises or parts of your lesson plan as you do them, so you can remember and effectively plan your next class.
- "Eat your frog" - means to do the thing you don't want to do, if there is a skill you are avoiding, consciously or subconsciously, just do it. You'll feel better and your students will improve.
- Beware of chat time. It is nice to talk with your students about things outside of dance and they will want to tell you all about themselves, however please keep it to a minimum.



LEGAL

As a teacher, if you are over 18, you are required by law to have a valid blue card in order to be working with children. It is also expected that you have a valid first aid certificate so that you are comfortable if an incident is to occur. Please supply a copy of these to the director.

If you are not yet 18, you are teaching in close proximity an adult teacher who will have these certifications.

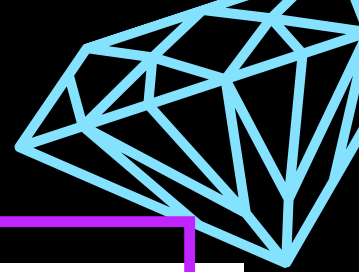
All solo teachers must also have a valid First Aid certificate. Please send copies through asap.

CPD

We love our teachers to keep learning, its the only way to continue to improve as a teacher and also gives a huge sense of achievement.

Whilst keeping up your own classes and learning at LCDA is a great way to fill-your-cup, we do love for you to experience and explore the world of dance - ie, courses, workshops, competitions, online classes. It all helps to make you a better teacher and dancer.

GOALS



Please let us know your teaching goals so that we can help you achieve these!



Notes:

This booklet has been compiled to address what La Crème Dance Academy supports and what is required of its teachers. However, if you require any further information, please do not hesitate to contact us.

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