

## Methods and teaching tips for working in dance

### 1. Warm up

- Everyone to get moving straight away
- Simple presentation of roles
- Teaching the ability to watch
- Intensive repetition without performance pressure

### 2. Längen

- An integrated warm-up
- Optimal use of space
- Learning and repetition without performance pressure for pupils
- Differentiated development, slow/fast, from a single element to the whole dance
- Discreet observation (monitored learning)

### 3. Clapping

- Playful rhythm training
- Development according to ability, from individual moves to a whole routine
- Motivated atmosphere through mutual encouragement

### 4. Routine repetition

- Practice makes perfect
- Consolidation of what has been learned
- Practice in class
- Work in pairs/groups
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### 5. «Free» training

- Tailored learning speed
- Independence/initiative
- Creativity = inventing and implementing new individual variants
- Discreet individual corrections

### 6. Performing the whole routine in front of each other

- Breaks as needed
- Performance atmosphere/applause
- Competitive performance situation