



## *What is it?*

7 week dance program created to encourage physical fitness, engage self-confidence and enrich mindfulness. Aimed at key stage 4 & 5. Designed to appeal to all abilities.

We create a safe place for students to connect with their bodies and express themselves through movement. Classes develop choreography and devising skills through improvisational tasks, exploring space, levels and rhythms. Students learn to create from the simplest stimulus by following Natalie su company's unique technique.

Classes finish with relaxation, allowing the students to process their individual journey.

## *Goals & Outcomes*

- Body awareness
- Balance and core stability
- Choreography and devising skills
- Physical fitness
- Performance skills
- Personal confidence
- Increase Creativity
- Increase Mindfulness
- Generate trust patterns
- Contemporary dance technique

## *Funding Options*

- ◆ Working with extended school funds
- ◆ School and PTA sponsored sessions
- ◆ Parent paid sessions
- ◆ Ask for more details.

## *Book a Dance Class*

### **7 week program**

Working with PE, Drama, Dance & Performing Arts curricula.

**Key stage 4 & 5  
(75 minute class)**

**One off & Seasonal  
Workshops**

**During School days  
& After School Program**

## *Contact Us:*

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Natalie Su Robinson

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**Insured to £5 Million  
NI Access Certificates  
PPL Cover**

# The Program

## Phase 1

### Natalie Su Technique

Repertoire from Natalie Su Company's works. Introductory level patterns and pathways. Body condition through dance fitness Choreography and devising skills using simple methods of actions and rhythms. Building student relationships and confidence. Spatial awareness. Studio etiquette. Cognitive - associative - autonomous learning.

## Phase 2

### H.E.A.D.

**Hear** - working through a somatic practice the student will develop strong listening skills. By using a stimulus they will further discover their own movement style.

**Evaluate** - self analysis, through improvised tasks the student will gain self awareness and control. Time management and logistical activities.

**Activate** - understanding self creation and how to collaborate in a small group. Initiation & Response.

**Deliver** - This stage teaches the student performance skills, tools to work as a collective. Using their imagination to express their voice.

**Themed work \* stimulus tailored to your curriculum**

## Phase 3

### W.A.I.T

#### Wait And Initiate Transformation

A journey revisiting a personal memory travelling through movement safely at the students pace. Once there we step through acknowledgment, release and replace. W.A.I.T has been proven to help the participant relieve stress, fear and past trauma. The student will move independently and with their eyes closed building trust, endurance, mobility skill and maturity.

Outcome - a renewed mindset, one of hope & future bringing personal breakthrough and freedom to each student.

## Prep & Sharing

### An authentic heart response

Students combine their highlights from the BEAT course & share with an audience. This provides an opportunity for tutors / fellow classmates to ask questions and celebrate the students achievements & bravery.



Throughout this workshop I have learned how to express my feelings through movement.

Student  
Barking and Dagenham College



Natalie Su Company allowed students to expose themselves a little bit more and offer something new, deeper and more interesting.

Rebecca Spindloe  
Lecturer in Performing Arts

Keystage 4 & 5 PE GCSE, AS & A Level PE  
GCSE, AS & A Dance GCSE, AS & A Level  
Performing Arts GCSE AS & A Level Drama

