

# UAL Level 3 Dance



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## Dance

# Your journey starts here

### **Hello and welcome to Colchester Institute Performing Arts and Music!**

Over the next 1 – 2 years you will take a study programme that will help you progress in your academic and professional development, leading you on to further training or into employment. You will learn, develop and apply skills, knowledge and ideas, supported by a dedicated, expert team of staff. You will encounter new ideas, ways of working and people who share your passion for the creative arts – and you may well make some friends that will last you a lifetime.

You can expect interesting and stimulating sessions that will directly connect with the creative industry and we expect you be committed, confident and demonstrate the passion and commitment that will help you move forward in your subject.

Whilst we are sad not to be able to run our normal Open Events in college, we are very much looking forward to seeing you at audition either in person or online. If you have any questions, please do not hesitate to talk to us.

#### **Ben Treacher**

Area Head of Performing Arts and Music

## Dance

# Music and Performing Arts Leadership

## Ben Treacher

Area Head - Music and Performing Arts



Ben Treacher has been leading the Area Head of Music and Performing Arts for some time. He has extensive experience over many years in actor training and educational leadership.

## Martyn Hall

Assistant Area Head - Music and Performing Arts  
Course Leader - BTEC Level 3 Production Arts



With a background in Technical Theatre, Acting and Music, Martyn has been teaching Performing Arts for 20 years. "Watching learners on the journey from school to a career is hard work but very rewarding"

The Music and Performing Arts department is led by the Area Head supported by the Assistant Area Head.

You will have a Course Leader who will manage your main programme, deciding how your course is structured, what you need to learn and monitoring your progress on that qualification

Your Pastoral Tutor looks after your wellbeing and monitors and supports your overall progress.

Subject Tutors will be plan and deliver your sessions, set you work and assignments, and mark and feedback on your work.

You may also work with the department technicians, from time to time, who look after equipment and rooms used in the teaching and learning.

Dependent on your course, you may also work with instrumental tutors and accompanists.

# Tutors on Level 3 Dance

## Hazel Banham

Course Leader Level 3 Dance  
Dance Lecturer Musical Theatre Degree



Training: London Studio Centre  
Having performed professionally all over the world, Hazel now enjoys helping the next generation of performers on the start of their exciting journey every way she can.

## Sarah Lloyd

Dance Lecturer  
Level 3 Dance and Musical Theatre



Sarah graduated in 2016 with a BA (Hons) in Musical Theatre and again in 2018 with a Post Graduate Certificate in Education. Outside of CI Sarah teaches dance at a variety of places as well as being a qualified cheerleading coach.

## Nova Hughes

Singing Lecturer  
Course Leader - Level 3 Musical Theatre



Nova trained at Mountview and has performed in the West End.  
She is a certified Estil Voice Teacher, EMT.  
Nova has also performed as a lead vocalist for Celebrity Cruises and as a Cruise Director for the Yauchs of Seabourne

# Dance

## Your Study Programme

**You are about to undertake a study programme at Colchester Institute. This will include the following aspects of study:**

- Your main programme: UAL Level 3 Diploma/Extended Diploma in Performing and Production Arts - Dance
- GCSE Maths (if you have not already achieved a grade 4/C or above).
- Tutorial Programme, including Level 1 qualifications in British Values and Keeping Safe and Healthy
- Independent Study
- Work Experience
- Enrichment Opportunities



## Practical vs Theory



- Most of your timetable will be made up of practical classes to maximise studio and tutor contact time.
- You will have a study skills class to aid you with the written aspects. There is written components in all units, most of which is completed via online blog and links directly to your practical classes.
- All written work has been designed to help support your practical studies and aid your progression to the next step. It is also an essential part of your qualification and most is completed at home.

## What will I study?

*GCSE Maths/English classes will be required in addition to your main qualification if a 4 or above is not achieved*

### Year 1:

- Core Styles: Ballet, Jazz, Tap, Contemporary
- Performance Techniques
- Choreography
- Fitness
- Contextual studies
- Research and Reflection skills
- British Values
- Tutorials
- Guest Workshops
- Performance Projects
- Injury Prevention and Rehabilitation
- Progression



### Year 1:

- Core Styles: Ballet, Jazz, Tap, Contemporary
- Commercial Styles
- International
- Choreography
- Singing
- Contact Improvisation
- Progression
- Audition Technique
- Keeping safe and healthy
- Performance Projects
- Tutorials
- Guest Workshops



# Dance Studios

W404



W405



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# Performance Spaces

Main Hall



Swinburne Hall



# What might my 1<sup>st</sup> year look like...

- Practical Technique Assessments
- Intensive Project Week- Collaborative performance project
- Christmas Showcase
- May Dance Show
- Care home performances
- Guest workshops
- Written assignments
- Theatre trips/Move It
- Open Events
- Choreography Tasks
- Dance Photoshoots
- Audition workshops
- Future Planning
- Goal achieving
- Online Blog work
- and that's just for starters.....



# Example Timetable Year 1

	09:00	09:15	09:30	09:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45
Monday	GCSE English/Maths								JOINING YR2 After Christmas																							
	Enrichment																															
Tuesday	Meetings				Hazel Banham W405 Unit 1 Ballet				Hazel Banham W405 Unit 1 Tap				Sarah Lloyd W405 Unit 3 Prof Prac																			
Wednesday	Hazel Banham W405 Unit 1 Jazz				Hazel Banham K254 GAP/Individual				Self Directed W404 Independent				TBC TBC Tutorial				Hazel Banham W404 Unit 1 - 7/8 Contemporary				Self Directed W404 Independent											
Thursday	Sarah Lloyd W404 Unit 4 Choreography				Sarah Lloyd W404 Unit 2 Performance				Hazel Banham B112 Study Skills																							

## Where will the course take me?

***Many of our students go into the world of dance***

- Dancer (Contemporary, Commercial, Musical Theatre)
- Singer Dancer
- Choreography
- Dance Teaching



***However some choose to follow different paths***

- Gymnastics Instructor
- Banking
- Events Management
- Nursing
- Make Up Artist
- Beauty Consultant.
- Estate Agent



## Graduate Destinations:

### Vocational Training:



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## Graduate Destinations:

### Universities:



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## In the wider dance world...

The dance course currently has 23 graduates studying Dance at Vocational colleges and Universities across the UK with another 9 set to join them this year

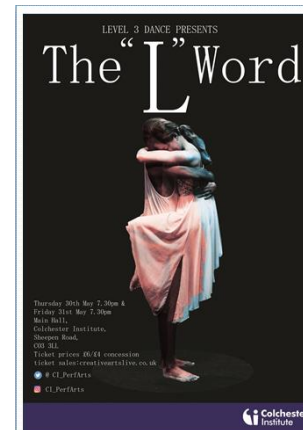


# An insight into the dance show

This year, we were unfortunately unable to perform our dance show “Walk of Fame” however we managed to film all of the pieces created before lockdown so here is a little snippet of what it would have been like

Click on the link below to access the video on YouTube

<https://www.youtube.com/watch?v=3IkhdP4Ebq4&feature=youtu.be>





## Where are they now?

### Freya Brown

Graduated 2017

Further training: Rambert

Recently performed in *Romeo and Juliet*



### Paris McDonald

Graduated 2017

Further training: Performers College  
Dance Captain and 1st cover Cinderella  
*Cinderella*, Palace Theatre, Redditch



### Sophie Stott

Graduated 2016

Further training: MADD College

Singer Dancer Marella Discovery Cruise Ship



### Oliver Robertson

Graduated 2016

Further training: Northern Contemporary Dance

Dancer with James Wilton Dance Company

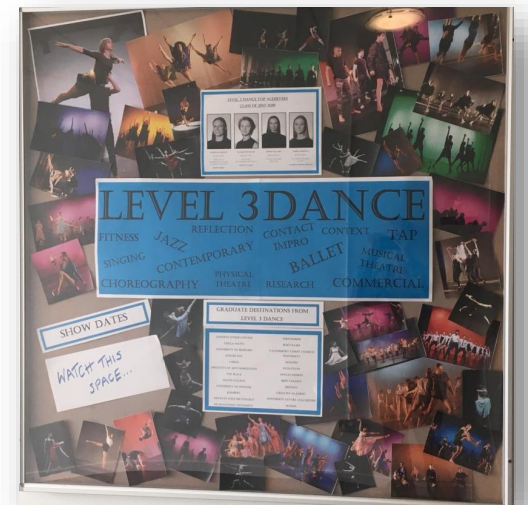


## A little welcome

To make it seem a little less daunting our current 1<sup>st</sup> years have put together a little welcome for you

[Click on this link to access video on YouTube](#)

<https://youtu.be/HHIWzmRZvqM>



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# Equipment List

## **FEMALE**

Black Leotard  
Black Tights  
Black Leggings  
Pink Ballet Tights  
Hair pins and Hair nets (for a ballet bun)  
Sports Bra

## **MALE**

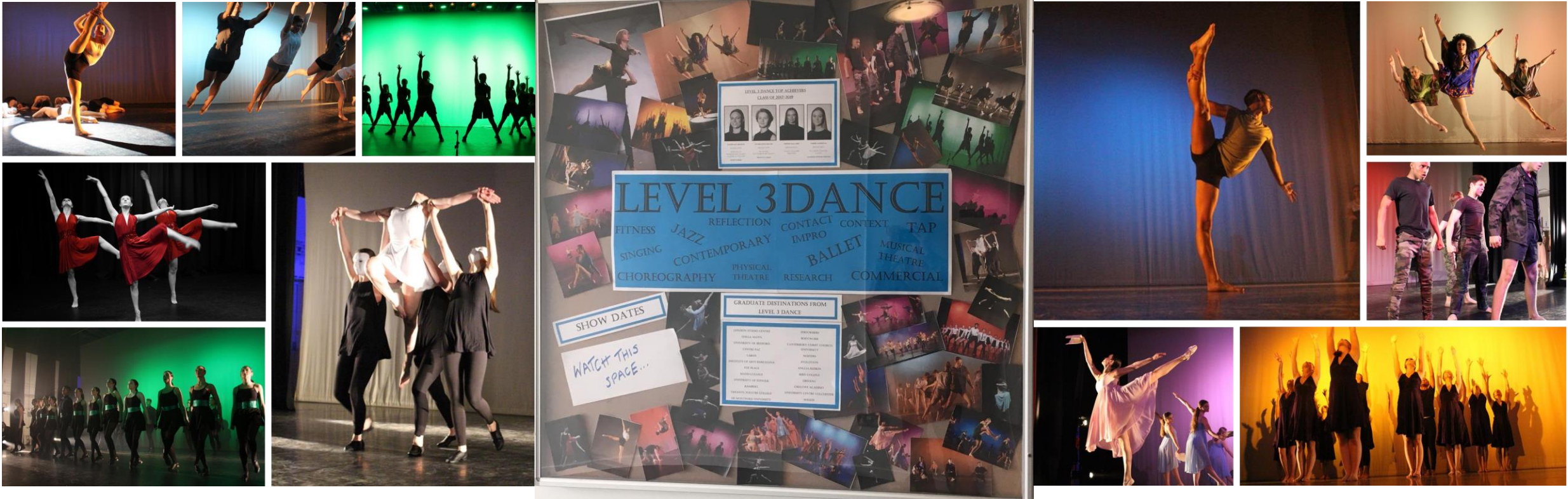
Dance belt  
Black vest Black shorts  
Ballet unitard / mens fitted cotton  
tights/black vest



## **ALL**

Ballet Shoes  
Tap Shoes (with adjustable screws)  
Jazz shoes/Foot thongs (if preferred)  
A4 Ring binder  
Notebook, Pens  
Deodorant!!!!

# Looking forward to having you join us next September



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