

Summary:	Title: Can YOU Move This Way? Subtitle: Challenge students to use existing skills in specific ways Participate in an energetic and interactive ballet workshop that explores the physical skills children already use in sport, hobbies and everyday activities. Students identify skills such as coordination, strength, power, agility, balance, flexibility and focus, then experiment with transferring these into ballet-inspired shapes and movement. Through practical movement challenges, students develop, adapt and combine movement ideas, discovering unexpected connections between the ways they already love to move and the skills of a ballet dancer. The workshop concludes with students learning and performing adapted excerpts of well-known ballet repertoire.
Detailed Overview:	Can YOU Move This Way? Discover how your existing movement skills can help you learn something new Learning Objectives: • Identify and apply physical skills from sport, hobbies and everyday movement to ballet-inspired movement • Experiment with coordination, strength, power, agility, balance, flexibility and focus through practical dance activities • Adapt and combine movement ideas to create and perform short sequences using ballet-inspired movement and adapted repertoire In the <i>Can YOU Move This Way?</i> workshop, students explore how physical skills they already use can support them in learning something new. The workshop begins with students considering their favourite ways to move and identifying the physical skills involved, such as coordination, strength, power, agility, balance, flexibility and focus. Students then experiment with transferring these familiar skills into a new context through ballet-inspired movement. Guided by Queensland Ballet Teaching Artists, they explore shapes, positions, travelling movements and movement qualities, discovering how skills developed through sport, play, hobbies and other physical activities can be applied by ballet dancers. Through practical and collaborative movement challenges, students develop, adapt and combine their own movement ideas before learning and performing adapted excerpts of well-known ballet repertoire. The workshop provides an accessible introduction to ballet while valuing the physical knowledge, interests and existing skills that each student already has. This workshop provides opportunities for students to work across ACARA General Capabilities in Critical and Creative Thinking, Personal and Social Capability and Literacy (speaking and listening). Post-workshop extension Teachers could repeat the performance of the students' adapted repertoire or movement sequences in class and/or take notes during the Queensland Ballet workshop. Students could further explore the transfer of physical skills by selecting a familiar sport, hobby or activity and developing a short movement phrase inspired by its physical actions. This activity could also be extended into a choreographic task exploring how movement can be transformed by changing its dynamics, space, relationships or structure. Observe and record students:

	• Investigating - by identifying physical skills used in familiar activities and exploring how these skills can be applied in ballet and dance • Choreographing - by adapting, combining and extending movement ideas to create short sequences inspired by familiar physical skills • Developing and refining their safe dance practice by being spatially aware, following instructions, respecting others in the space and participating appropriately in warm-up and cool-down activities • Applying physical and technical skills accurately when exploring ballet-inspired movement and learning, rehearsing and performing adapted repertoire • Participating in collaborative movement tasks, contributing ideas, listening to others and working together to solve creative movement challenges • Performing adapted ballet repertoire and original movement sequences, demonstrating physical control, focus, coordination and expressive skills
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