



Dance & Theatre Background

The practitioner I have chosen to talk about today is Jerome Robbins. He was an American choreographer, director, dancer, and theatre producer. One of his work that his is most known for is "West Side Story" created on Broadway in 1957, then adapted into a film in 1961. A documentary about Robbins' life and work was made called "Something to Dance About" featuring excerpts from his journals, archival performance and rehearsal footage, and interviews with Robbins and his colleagues. This premiered on PBS in 2009 and won both an Emmy and a Peabody Award the same year. Key movements of Robbins style includes step ball changes, leaps, barrel jumps, high kicks with straight legs, turned in pirouettes, hunched shoulders, clicks, three step turns, contractions, lay outs and isolations. Every movement in his work tells a story/ shows a character, therefore his movement is very theatrical.

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Dutch Plait Tutorial

Level One Modern: Part Three - "Never Give Up On The Good Times"

Level One Modern: Part Three - "Music Sounds Better With You"

Level One Modern: Part Three - "Free"

Ollie's Fitness Field Run

"Alexa,
play: "Everywhere by
Fleetwood Mac please"

Healthy Thinking

It is important to make sure you get enough exercise. Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and happier life. People who exercise regularly have a lower risk of developing many conditions, such as heart disease and type 2 diabetes. To stay healthy, we should try to be active every day and aim to achieve at least 150 minutes of physical activity over a week through a variety of activities.



Tongue Twisters

A tongue-twister is a phrase that is difficult to say properly. We have great fun with tongue twisters while warming up our speaking muscles in Musical Theatre classes. See how you get on with these.

"Gobbling gargoyles gobbled gobbling goblins"

"Many an anemone sees an enemy anemone"

"Double bubble gum bubbles double"

This Weeks Comp!

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Do you know what an anagram is? How many different words can you make using the letters in our website address?

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