

YOUTH LEADERSHIP AWARD IN SCOTTISH COUNTRY DANCING

Guidelines for teachers taking part in the programme

Aims

- To create a link between the Medal Tests and the Dancing Achievement Award for young dancers aged 12 years upwards
- To encourage their continuing interest in Scottish Country Dancing
- To encourage good communication coaching skills
- To help the understanding of the skills and qualities required in a good leader
- To develop teamwork, cooperation and confidence in their own ideas
- To create a fun, practical award without a formal exam or time limit and with a printed certificate from RSCDS HQ to recognise successful participation

Content

- **Social Dances**
Learn dances such as the Eightsome Reel, the Reel of 51st Division and some ceilidh dances
- **Communication Skills**
Help with a class of younger dancers
Get to know the children and depending on the size of the class, assist the teacher with practical aspects e.g. the register, children's shoes
- **Teaching/Leadership under supervision**
In a class of younger dancers (Grade 1+), work with an individual, pair or small group to help with rhythm, steps or a formation
Partner a younger dancer to help learn a new dance
Teach a simple dance to younger dancers
Teach a simple Scottish country dance or a ceilidh dance to their own class
- **Relationship of music to dance**
Be able to count and clap in time and rhythmically to jigs, reels and strathspeys
Help younger dancers to clap in time to the music
Help younger dancers understand the difference between jigs and reels
Use a variety of rhythms and tunes in Warm Up dance activities to further stimulate awareness of music
In strathspeys, recognise the difference between slow airs and tunes with a scotch snap rhythm
- **Creativity**
Working independently, in pairs or in a small group, devise a simple dance of 32 bars using well-known basic formations
Choose the number of dancers and shape of the set, with their own choice of music
Teach the dance to members of their own class
- **Participation**
Attend an adult class occasionally to appreciate the social benefits to dancers of all ages
- **Diary**
Keep a record of details of participation and responses over a one year period including evidence such as photos and dance programmes