

Dancetrain Professional Learning Activity

Dancetrain Issue: **SepOct 2021** *Returning to the Studio* **p68 & 69**

Activity Name:	Returning to the Studio	Activity Type:	Elective PD: Professional Reading & Planning/Programming review
Accreditation Level:	Proficient, Highly Accomplished & Lead	Duration:	1 hr
Teaching Standards:	1.1.2 Use teaching strategies based on knowledge of students' physical, social and intellectual development and characteristics to improve student learning.	3.6.2 Evaluate personal teaching and learning programs using evidence, including feedback from students and student assessment data, to inform planning.	
	2.2.2 Organise content into coherent, well-sequenced learning and teaching programs.	4.4.2 Ensure students' wellbeing and safety within school by implementing school and/ or system, curriculum and legislative requirements.	
How did this activity address the Standard Descriptor/s?	Teachers will collate data on current student training load while learning from home and use this to review and adjust their current programs to ensure students return to the studio in a safe and progressive way.		

Task

1. Read the "Training Load in Dance" article on p68-69 of SepOct 2021 issue of Dancetrain
2. Teachers ask students to track their training load of a week of learning from home (using the formula suggested in the article). And submit to teacher. This should include all physical activity.
3. Teachers uses this data to create a class average and also group students in their class with similar training loads.
4. In preparation for term 4 or return to face-to-face learning, teacher makes appropriate adjustments to programming so that the training of students is gradually increased from their current load. This may include changing technique classes, frequency of practical lessons, differentiating tasks/exercises for different students.
5. Continue to review these adjustments in the lead up to any end of year activities and assessments as suggested in the article.