



meta4dance.com

hello@meta4dance.com

Meta4 DANCE

WORKSHOPS

For primary and secondary schools





Founders & Directors

Welcome message

Hello we are Lily Horgan and Charlie Dunne, Directors of Meta4 Dance Company. We are based in Northumberland and are passionate about delivering exciting and engaging dance and movement workshops for all primary and secondary schools in the region. We both have BA Hons in Contemporary Dance from Trinity Laban Conservatoire of Music and Dance and have 10+ years of teaching experience including workshops, choreographing new work and delivering in SEND and inclusive settings both within the curriculum and through extra-curricular programmes.



What do we offer?



Creative workshops

Use props and environment stimulus to create, learn and explore environmental concerns.

Creation support

Prepare and create unique and exciting elements for annual school performances.



Sport & movement

Using movement and body awareness to develop sporting co-ordination skills.

All workshops can also be delivered as after-school club/sessions

Why?

Benefits of our workshops

Physical &
cardiovascular
health

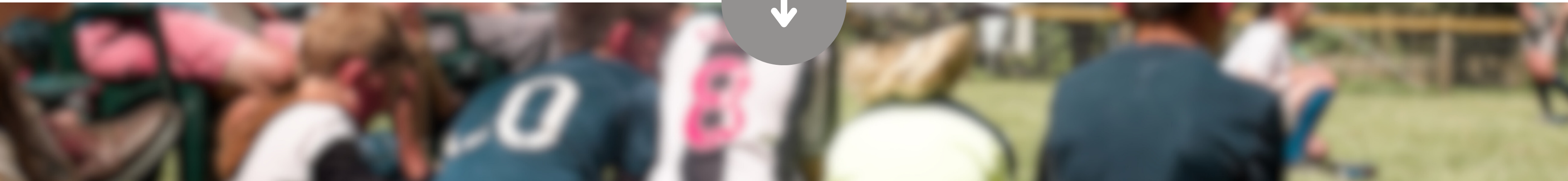
Posture, alignment
&
motor skills

Emotional expression
&
mental discipline

Problem solving
&
enhanced memory

Team work
&
communication

Cultural awareness
&
confidence



Environmental workshop

Dance creative workshop



Props

Use props to stimulate creative ideas e.g. a rope or shells to create sound, movement or a stage. Understand stage craft and performance skills.

Exploration

Allow students to try out new creative experiences individually and in a group.

Learning objectives

Creative skills, choreography, prop skills, team work, environmental impact, spatial awareness, body awareness.

Timing

Can be delivered as a 1/2 day or full day

Confluence workshop

Dance creative workshop



Background

This workshop is based on our professional show 'Confluence' which is based on our relationship with nature and how it changes over the year.

Exploration

Students will learn sections of the show then create their own solos/duets/group pieces based on them and perform them to each other.

Learning objectives

Creative skills, choreography, team work, spatial awareness, body awareness.

Timing

Can be delivered as a 1/2 day or full day or after-school session

Sport & movement workshop

Body mechanics



Dance is sport

Dance is a unique industry of creative athletes. Our style of contemporary dance employs many different aspects that are shared in the sporting world.

Our sports dance workshop leads students through exercises that build a greater body awareness. We teach the development of whole body movement and co-ordination, and how this can support and develop other sporting skills.

Our workshops set to educate students in the importance of a healthy and active lifestyle in any physical pursuit.

What we can offer

For Christmas shows, plays or other annual shows, we can support internal staff with teaching the movement and dance, boosting their skillsets.

Movement in shows

If you want to include dance or movement in your show, we can lead on the creation and rehearsal of these elements in regular sessions.

Creative ideas workshop

At the start of the schools rehearsal process, we can offer creative support by workshopping ideas in movement, stage craft and performance techniques based on the schools show.

Preparing for a show workshop

We can deliver a workshop in performing, character development and how to manage performance stress & nerves.

Annual Shows

Movement creation, direction, support



Testimonials

School feedback



Spittal School

“We learned teamwork, negotiation, creativity, and putting on a performance.”

Student



Kielder school

“They were very engaged and talked about the workshop all the way home and beyond.”

Teacher



Whittingham School

“Your passion and professionalism for dance and working with classes is obvious and as such the children get a huge amount of enjoyment, confidence and skills from your sessions.”

Teacher

Costs

Offer For You



£285

1/2 DAY
UP TO 3 HRS OF TEACHING

- Morning or afternoon session

£550

DAY
UP TO 6 HRS OF TEACHING

- Full day
- Including prep

£2000

WEEK

- 5 consecutive days

Costs include any preparation and planning, insurance and licence costs.

We are an Artsmark partner which ensures we follow the correct guidelines when working with schools.

Where music playback is not possible we can supply our PA system at a cost of £50 per day.

Costs can be paid for using Sports Premium Funding.

Regular booking discount on multiple sessions.

Travel costs not included - no charge within 40miles of NE65.

Get Connected With Us

Contact Information



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