



Tier 1 Instructor Workshop 2025

Grades 1, 2, 3

Greetings, and welcome to the Tier 1 SDSA Instructor Workshop! Course conductors Douglas Rachinski and Tamsin Carreck look forward to an informative and rewarding time with you. Please refer to the following timetable, which details the workshop's activities.

Workshop Schedule

FRIDAY, JUNE 27

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| 5:15 – 5:30 | Sign-in |
| 5:30 – 6:30 | Introduction to SDSA <i>Discussion of content, including instructor certification requirements, student examination format and certificate versus diploma programs.</i> |
| 6:30 – 7:30 | Syllabus Structure <i>Discussion of curriculum design, including set exercises, grade notations and glossaries.</i> |
| 7:30 – 8:15 | Classroom Context <i>Discussion of class management, specifically, balancing syllabus implementation and exam preparation with competing class needs such as dance preparation, stretch time, costume development, parent viewing, etc. Discussion of strategies for working with timelines.</i> |
| 8:15 – 8:30 | Break |
| 8:30 – 10:00 | Vocabulary <i>Demonstration/discussion of Ukrainian dance vocabulary, positions/poses and technique as it applies to Grades 1, 2, 3.</i> |

SATURDAY, JUNE 28

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| 8:30 – 12:00 | Vocabulary |
| 12:00 – 1:00 | Lunch |
| 1:00 – 3:15 | Vocabulary |
| 3:15 – 3:30 | Break |
| 3:30 – 7:00 | Classical Ballet <i>Topics include classical ballet vocabulary, positions/poses, technique (barre and centre practice), anatomy and posture as it applies to Grades 1, 2, 3, and discussion of ballet as a training device and its application in staged Ukrainian dance.</i> |

SUNDAY, JUNE 29

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| 8:30 – 12:00 | Set Exercises <i>Interactive discussion of syllabus contents for Grades 1, 2, 3, including exercise progression and comparison, key aspects, exercise breakdown and build-up strategies.</i> |
| 12:00 – 12:45 | Lunch |
| 12:45 – 3:15 | Set Exercises |
| 3:15 – 3:30 | Break |
| 3:30 – 4:30 | Set Exercises |
| 4:30 – 5:00 | Review and wrap-up <i>Review of course contents as requested by workshop participants.</i> |
| 6:00 pm onwards | Out-of-town instructor certification exams priority (instructor certification exams to be discussed throughout workshop) |