

One-day training package	
Time	Activity
9:30am – 9:45am	Registration
9:45am – 10:30am	Introduction – Akademi staff will provide an overview of their outreach projects and outline the day’s sessions.
10:30am – 12:00pm	Dance and older adults: practical workshop – Focussing on how to lead movement workshops for older adults, particularly those living with chronic conditions, such as dementia and lung and heart complications.
12:00pm – 12:15pm	Break
12:15pm – 1:45pm	Dance and young people: practical workshop – Exploring the best practices when working with young people, looking closely at SEN groups.
1:45pm – 2:30pm	Lunch
2:30pm - 3:30pm	Props and music: practical workshop – Looking at how we can engage participants through the use of various props and genres of music.
3:30pm - 4:30pm	Lesson planning: seminar – How to prepare for and plan your dance workshop for a range of settings and discussing the key things to consider.
4:30pm - 5:00pm	Closing