

EXPERT ARTICLE



Let's Discuss....© The introduction to developmental psychology for dance teachers

"From a dance educator's perspective, there are several aspects to consider as each student goes through different stages of development".

Minh Huyen Pietruske,

Developmental (lifespan) psychology (DP) is the study of how people grow and develop from birth throughout their entire lifespan. It refers not only to the physical and cognitive changes which take place but also to the psychological and emotional changes that take place during different stages of life.

Lifespan development is a highly important aspect of dance teacher training, as every student will go through developmental stages at their own time, in relation to their own environmental culture. Forcing natural development can lead to injuries, long-term health issues, and weak coordination, control and balance.

Over the upcoming Alumni Newsletter publications, I will be writing articles on the following themes:

- Teaching the Beginnings of dance! Specializing on teaching the age range of 3 – 7
- Teaching the Beginnings of classical ballet! Specializing on teaching the age range of 8 – 11
- Teaching through adolescence! Specializing on the age range of 11+.

When looking at the key building blocks in DP, the first and most important steppingstones are to develop the fine and locomotor motor skills. When thinking about the definition of fine motor skills: "the ability to make movements using the small muscles in our hands and wrists", the dance teacher needs to develop building blocks to refine the "shape of a classical ballet hand" from the very beginning, by finding playful ways of working on the softness of the fingers, on the shape of the fingers, wrist and arm line which consequently leads to head, eye and arm coordination which will be developed and further refined during the 2nd stage of development (8-11 yrs).

Similarly, the development of gross (or large) motor skills are imperative for developing a trained dancer's body. Locomotor skills (movement through space involving a change of location) and non-locomotor skills (movement of the body in one place around its own axis) often develop naturally without training or the help of an older/adult person but as a dance teacher we need to "non-technically" develop the natural jump or a hop as these will develop into sautés and temps levés. Working on building blocks is so important as a dance teacher. I have specifically used the term "non-technical" development for developing locomotor skills – just imagine a 6- or 7-year-old (or a beginner in any age group) hasn't developed the jump in a natural position (stretched feet, long legs), then the teaching of a sauté is going to be a difficult, long and drawn-out process. Wouldn't it be easier being able to concentrate on only the acquisition of turn-out after previously achieving a beautiful natural jump.

These are just some basic aspects of DP in the first stage of training dance skills. Over the next few articles, I will discuss these developments and give pedagogical suggestions on how to check for eventual deficiencies but also ideas for you to develop within your own teaching career. Investing time at the beginning can establish a sound foundation for safe development in dance.

Contact:

info@dancepedagogy.com
www.dancepedagogy.com



Palucca University of Dance Dresden
Rector: Prof. Jason Beechey

Edit & Layout: Minh Huyen Pietruske
Alumni Coordinator/Department of Strategic
Development/Communication
alumni@palucca.eu | +49 (0) 35125906-45

Cover: Stunde des Tanzes 2022 © Ida Zenna
Photos: Portrait Letter from the Editor ©
M.H.Pietruske, Portrait T. Couchman © Ida
Zenna, Portrait R. Aozane Bilbio © Ida Zen-
na, Portrait A. Noack © M.H.Pietruske, Photo
Bibliothek © Ida Zenna, Photo book Neumeier ©
B. Weis, Photo Master Class © Ida Zenna, Photo
International Ballet IBC Athena 2023 © Agapios
Agapiadis, Photo Massimo Gerardis © Alessan-
dro Rizzi

Translation: Helen Centner (Dipl. authorized
translator and English Trainer - BDÜ, ELTAF)

Next Edition: July & August 2023

Learn more about our events:



SACHSEN
Diese Maßnahme
wird mitfinanziert
mit Steuermitteln auf
Grundlage des vom
Sächsischen Landtag
beschlossenen
Haushaltes.



www.palucca.eu

PALUCCA - ALUMNI

MAY & JUNE 2023



LETTER FROM THE EDITOR

The activities and events at Palucca University of Dance Dresden are well underway. Public events such as the presentation of the graduating Bachelor class's dance projects are heading into the hot phase. You can experience the final works of this year's graduates on either the 9th or 10th of June in the Grüner Saal. Scan the QR code on the back page of this newsletter to access an overview of all of our upcoming events.



Furthermore, I am pleased to inform you that the preparations for the alumni meeting on 2nd December 2023 are taking shape. The alumni meeting will take place from 2:00 to 6:00 p.m. that day at our University. There will be a photo journey into past University years as well as campus tours and individual viewings of archive documents (archived event and class photos, Palucca pieces, etc.). After the alumni meeting, you can visit our event „Palucca Tanz Studio“ (PTS) for which we will offer all of our alumni a ticket price discount. If you are unable to attend this evening, you can come see the PTS on 1st December 2023 already, also with the alumni price advantage. You will receive further information on the PTS programme and ticket sales as soon as possible. I will also promptly send you an email about your participation in the alumni meeting as well as about any program requests, which will serve as a guide for further planning of the alumni meeting.

With this edition, we are beginning the new series “Let's talk about...” by our alumna Rachel Jackson-Weingärtner with the introduction of Developmental Psychology for dancers and dance teachers.

I hope you have fun reading!

Cordially,

Minh Huyen Pietruske

Department of Strategic Development/Communication
Student Marketing & Alumni Coordinator
alumni@palucca.eu | +49 351 25906-45

UNIVERSITY NEWS

New timetabling and room planning software

The new timetabling and room planning software ASIMUT will soon be launched at the University to enable students and teachers to plan and present their lessons and rehearsals more effectively. For the students, this means that the previously tedious search for their own courses/lessons is no longer necessary. ASIMUT makes it possible to clearly display your own timetable via smartphone, tablet or PC. Furthermore, the software enables the students to book rooms themselves, which enables us in turn to use the rooms and studios optimally and offer many opportunities for training for final theses, auditions, etc.

Support Network of Dormitory & Residence Life / Pastoral Care launched

In March, the dormitory network „Support Network of Dormitory & Residence Life / Pastoral Care“ was launched between the boarding schools of nine leading international ballet schools, including the Palucca University of Dance Dresden. The network aims to ensure that life in the institutions is rich, visionary for our young dancers and that they are supported through regular exchange and learning from each other to discover and fulfil their potential in a healthy way.



THE LIBRARY'S NEW ACQUISITIONS

Martin Lobigs: “Das Tanzen bleibt“: Unterwegs mit dem Ballet Jooss – das Album der Tänzerin Bé 1924 – 1956 (On the road with the Jooss Ballett - the dancer Bé's album 1924-1956). – Leipzig: Henschel, 2023 - 158 pages

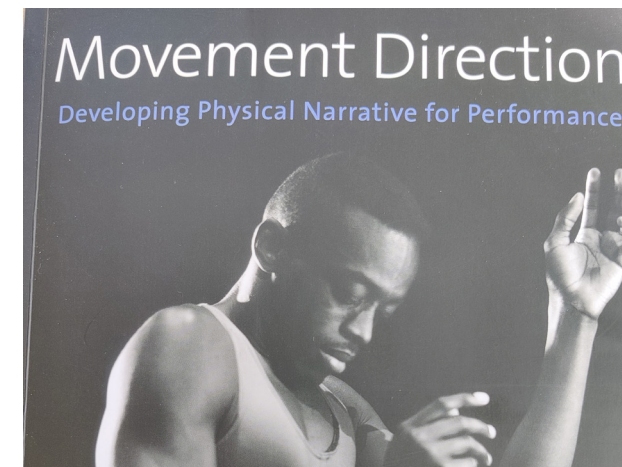
The author, Martin Lobigs, conveys a vivid historical look at dance and society from the 1920's through to the 1950's. In a sort of personal photo album with private documents, letters, and photographs, he on the one hand depicts the trips made by the famous Kurt Jooss dance company and on the other the moving story about his mother Bé, who found her calling in 1950 with Kurt Jooss' German Dance Theatre.



Kate Flatt: Movement direction: developing physical narrative for performance. – Ramsbury: The Crowood Press, 2022. – 160 pages

Movement Direction in contemporary theatre production is increasingly recognised and valued as a significant component of the expressive art of bodily communication in live performance.

This comprehensive book traces the creativity, skills, and knowledge essential to the movement director within the context of developing performances. Key concepts from the fields of scenography, character development or dance sequences are presented from a practical viewpoint.



ALUMNI NEWS & MORE

„KREATIVES SACHSEN (CREATIVE SAXONY) advocates for visibility and appreciation for....

...cultural and creative professionals in Saxony and offers continued education, networking events, and free and individual consultations. These offers are also directed specifically at dance professionals in Saxony. Information about currently available support programmes and schedules is made available in a regularly published newsletter.

By having one's own profile published in the official directory Kreative in Sachsen (Creative Companies in Saxony), cultural and creative professionals can be more easily found by future clients. Furthermore, one can find colleagues, potential partners for collaboration and networks right in the vicinity“.

www.kreative-in-sachsen.de



KREATIVES SACHSEN

ARTISTIC MASTER CLASS 2020 (Testimonials)

ORKAN DANN (Employed as Balletmaster at the Staatsoperette Dresden and guest dance teacher and choreographer at Palucca University of Dance Dresden)

“The Artistic Master Class, which I successfully completed with the Master Class examination, provided a very special enrichment in knowledge. As individual as this course of study can be, my master class exams were composed of my written thesis “Choreografie in der professionellen Tanzausbildung“ (Choreography in the Education of Professional Dancers), my guideline “Der Guide“ (The Guide) and my choreography “Portrait“ for University students.”



Applications for the Artistic Master Class will be accepted at the Palucca University of Dance Dresden's Office of Student Affairs until no later than 15 May 2023. Further information can be found on our homepage.