



Workshops

Children and Music Teacher Training

“ ... thank you for the inspiration and energy you bring to music classes, hymns and assembly. My boys thoroughly enjoy music and drama, in large part because of you - your confidence and amazing choreography ... ”

- Dawn Botha

“In such a crazy world it is always nice to have an excuse to say thank you to the people having such a wonderful positive impact on the kids of the next generation. I take my hat off to you as I have energy for kids but not on your level! ”

- Melanie Hardern

“ ... a big thank you to you and your team for an awesome concert. We were truly entertained. The children were so confident and really enjoyed performing. ”

- Nazira Parton

“I want to commend you on a wonderful cultural department and I can see the love that you have for the children and your passion clearly ... They look like they have so much fun with days and activities filled with singing and dancing! ”

- Jo-Ann Du Plessis





Each of us want our children, and the children of those around us, to achieve success in school, success in employment, and success in the social structures through which we move. However, we also want our children to experience success on a far broader scale.

Participation in music brings countless benefits to each individual throughout life - these benefits are not only psychological and spiritual, but physical as well.

My name is Bianca Crawford and I have an absolute passion for all areas of Music and Dance. I have spent many years in schools and dance studios sharing this immense joy I have across a wide variety of music genres and dance styles. I have taught Class Music Lessons for more than 18 years and Headed up a Private School Cultural Department. I have managed School Concerts / Shows, Events, Productions, Talent Evenings and all areas within a school that requires dancing, music, entertainment and culture. During these years I have developed a unique and fun-filled Class Music programme which not only involves all children (musically talented or not), but serves to build their confidence, stage presence, and, most of all, a love for an immense and broad spectrum of music and dance styles.

My qualifications include a B. Com Industrial Psychology degree (RAU – UJ) and I continue to apply my skills from this qualification through team building in schools and companies. I am SACE registered and completed my PGCE in Further Education and Training through UNISA. I have completed my Grade 8 level in Classical Piano and Grade 7 Musical Theory through the Trinity College London. I also have Gold level qualifications in Tap and Modern dance through the International Dance Teacher's Association and have completed many other courses and workshops in Line Dance, Hip Hop and recently obtained my Zumba Dance Instructor Licence. I am currently teaching myself to play the Saxophone.

By combining my theoretical and practical knowledge throughout the many years in the Private School sector I have developed unique music lessons that not only teach children the elements of music, but focus on the all-important love for music and working productively with others in teams.

Herewith a summary of the Class Music Workshops on offer for teachers who either specialise in taking Class Music lessons / Music appreciation on a weekly basis or even to benefit those schools where music specialists aren't available. The focus is on training, inspiring and bringing new fun-filled ideas into your classroom as well as how to teach basic elements of dance. (All covered in



programmes you may select from). Phys Ed and Life Skills specialists are often required (particularly in the CAPS document) so as to incorporate movement to music, general music knowledge and dance into their weekly lessons. These bMoved programmes are perfect for you too!

Workshop Options and details:

- A specific lesson theme / workshop is selected from the attached schedule and *lessons are presented alongside you*, with your students in the classroom, during school time (on your normal set timetable, in your music classroom or school hall). This method provides hands-on training and the benefit of seeing your students actively involved as well as eliminating extra time for you to attend workshops outside of school hours.
- Workshops can also be booked for school innings, music substitution, relief teaching or extra mural sessions.
- *Workshops booked in the afternoons (after school hours) or on Saturdays / during School Holidays*: Either with or without your students. Personal preference is applied here and students may even be booked into these workshop sessions where training during school time is not a preferred option.
- *Pricing*: Quotes will be submitted to you / your school HR department upon selecting courses and hours required for training.
- *Please note*: Workshops from the list attached are also available for 'inning's / in-outings and for whole grades during e.g. term end where fun-filled educational entertainment is required for a whole grade at a time in a larger auditorium / hall.
- *Consultations / professional advice* is also offered with regards to building up your class music equipment items you will require in conjunction with the workshops offered. Important information as to where to order the various books referred to as well as how to legally obtain the music tracks used in the dance choreography / musical games played will be made available.



Other bMoved Services offered:

- Country and Western Team Building (Schools, Corporate)
- bMoved Music and Dance Private classes offered as extra murals at schools
- Kiddies Music and Dance parties
- Holiday Music and Dance entertainment at schools
- Music and Dance events at Eagle Canyon and Featherbrooke Estate
- Consultations to assist Music teachers with inspiration for their Hymns / Praise and Worship / Community Inspiration weekly sessions can be booked
- Flash-mob / concert choreography assistance in schools
- School Orientation Day Entertainment
- Leadership Team Building Workshops (perfect for Grade 6-7, 11 - 12)
- Zumba and Line Dance workshops / corporate enrichment sessions

“Music education opens doors that help children pass from school into the world around them, a world of work, culture, intellectual activity and human involvement. The future of our nation depends on providing our children with a complete education that includes music.”

– George Ford, former President United States of America.

“Music is about communication, creativity, and cooperation, and, by studying music in schools, student have the opportunity to build on these skills, enrich their lives and experience the world from a new perspective.”

– Bill Clinton, Former President, United States of America.

“Music is one way for young people to connect with themselves, but it is also a bridge for connecting with others. Through music, we can introduce children to the richness and diversity of the human family and to the myriad rhythms of life.”

– Daniel A. Carp, former Chairman and CEO, Eastern Kodak Company

“Music rightly is the best mind trainer.”

– Dr Charles Eloit, Former President of Harvard University.



bMoved Music Workshops and Lesson Theme Options

Note: If you would like further detailed information on the attached workshops please email me at bmoved@mweb.co.za

Most workshops can be covered in an hour, however select workshops may require two hours for more detailed in-depth coverage.

- **Line / Barn Dancing**

- Basic introductory steps
- How to build a line dance and read downloadable scripts
- Learn basic routine(s)

- **Folk Dancing**

- German 'Circle Polka', 'Canadian Lancers', 'Carding the Wool and The Mexican Hat Dance'
- A discussion on where to obtain books and how to read the dance scripts will also be covered

- **Ballroom and Latin Theme**

- Basic introductory steps to the Cha Cha, Waltz, Tango, Samba, Rumba, Mambo, Foxtrot, Paso Doble, Quick Step, Merengue and Jive
- Children are shown how to dance solo as often prefer not to be partnered up. Partner options are briefly covered where requested, but this is a theme designed to have fun dancing solo and to learn to recognise the various Ballroom and Latin music styles
- Fun-filled Ballroom and Latin recognition game(s) for teams is also covered



- **Zumba**

- Basic introductory steps to the Cha Cha, Salsa, Meringue, Mambo, Cumbia, Soca, Reggaeton etc. are covered
- Style recognition card game will be played
- Popular Zumba dance routines are taught to complete the workshop

- **Actively move the beat:**

Part a) Balls (Tennis, Ping Pong, Basketball). Two rows partner work. Bounce dances and reading basic musical notation. Rumble Ball.

Part b) Bucket and rhythm stick Drumming, Cups (Cup song and rhythm, ghost letter). Let's all play our bucket 'drum', four corners musical beats recognition. Rhythm circle team game: 'Slide' game in full class circle Double tap, triple beat, tap, double tap and instruction in small team circles.

- **Hat Team building Games**

- Match hats ; Hat on and Hat off luck game
- Hat instruction game (4 different colours in a circle, back to back with a different colour, line up in rows, crabs, walk around spinning hat on finger)

- **Musical Emotions**

- Human emotions discussed
- Mime role play, cue cards and specifically selected soundtracks utilised for this interactive dance-mime theme

- **Boomwhackers (Tuned Percussion Tubes)**

- Solo, Duet and Trio challenges
- Musical octave and silent note
- Circles Games
- Copy-cats (for younger age groups)
- Read and play basic melodies



- **Musical Styles with Bingo Cards and Team Game**

- Adaptations and extensions from original game used

- **‘Be Brave Monkeys’ and ‘Don’t be Chicken’ confidence builder team games**

- Unique fun-filled team music games designed to encourage children to stand up in front of a crowd
- Tests general musical knowledge
- Creates the perfect ice breaker in any classroom / large crowd.

- **Musical Minute to Win It**

- Learn theme song and dance as the introduction
- Boomwhacker Octaves
- Dance (minute)
- Rap (minute)
- Music Sheet Quiz
- Instrument ‘barter’
- True and False last players ‘standing’
- Percussion instrument instruction

- **Party Songs / dances dance theme and cue card game**

- Traditional party dance classics and new popular party songs are covered in this fun and interactive physical team activity
- Memory skills, general knowledge and physical energy required from all!

- **Hula Hoop Fun**

- In and out hoop rhythm concentration
- Team row rhythm
- Fun hoop dance tricks
- Dance routines using Hula Hoops



- **Reality TV Shows Quiz**

- Card recognition and identification
- Mime in unison
- Twists with leader and hat on requirement

- **Classical Music Mime with Props**

- Group fun to encourage a love for classical music
- Specific tracks selected (familiar favourites, fun for children to move and mime to)
- Team mime and dance design along with classical 'scripts and props

- **Fun Party Games:**

- Musical Records
- Chair instruction dance / mime cards
- Musical Statues multi-version: Original, Opposite, Instruction, Instruments, Shapes
- Percussion instrument instruction

- **Musical Twister Dance Mats**

- Children learn to think quick on their feet
- Lovely co-ordination game initially played individually
- Added 'twist' with group challenge
- Advice given on an extension on this lesson and other options to order online

- **Sporty Dances**

- A wonderful selection of popular sporting dances (from various World Cup Rugby and Soccer events etc...) is covered
- Perfect for schools who integrate mini flash mobs and dance on the fields at sporting events – huge crowd pleaser!
- Soccer ball dance is included



- **World Anthems**

- Brilliant general knowledge theme to encourage recognition of world anthems.
- Game is played in teams to recognise emblems and individual countries anthems
- This theme is highly recommended during the year that there is a world sporting event such as Rugby, Soccer or Cricket taking place (creates a unified and fun spirit throughout the school at times like these!)

- **Parachute musical rhythm, movement and dance choreography**

- Using parachutes specifically designed for schools and fine motor development as well as team-skills
- Musical rhythm and basic notation is covered as the introduction
- Dance routine(s) taught as an example to inspire further parachute choreography in the music room / at sporting events on the school field

- **Other**

- Bucket Drumming
- Limbo Stick Fun
- Musical Jump Ropes
- Pool Noodle Rhythm
- Current Dance Crazes
- Percussion Games
- Cone Co-ordination