

Specialist Immersion Experience - Dance for Diverse Communities

Queensland Ballet invites students to an inspiring, curriculum-aligned Dance Health School Immersion Experience at the Thomas Dixon Centre, uniquely combining interactive workshops, Q&A sessions with industry professionals, and an accessibility-centred guided tour. This experience is designed to enrich understanding of dance health practices and inspire a holistic approach to wellness in dance. Students will gain hands-on skills for adapting choreography and movement to accommodate the diverse physical and cognitive abilities of different groups, making this program an invaluable addition to their classroom learning and Unit C: Health in the QCAA Dance in Practice curriculum.

What to Expect

- **Interactive Dance Health Workshops:** Students participate in a practical workshop focused on creating inclusive dance practices. They will explore techniques to modify ballet and movement exercises and choreography, learning how to safely tailor movement sequences to match the varying abilities, skills, and interests of different groups. These sessions are designed to equip students with adaptable, health-aligned dance skills that support diverse groups.
- **Q&A with Dance and Dance Health Professionals:** Engage in an exclusive Q&A with professionals from Dance, Community, and Health departments, offering insights into the intersection of dance and health. This session allows students to connect with industry experts, deepening their understanding of the importance of wellness and inclusivity in dance practice.
- **Accessibility-Focused Tour of the Thomas Dixon Centre:** An enriching tour highlights the accessibility features of Queensland Ballet's newly refurbished home. From rehearsal studios to performance spaces, students will explore the inclusive design of the centre, gaining perspective on how accessibility considerations play a key role in professional arts settings.
- **Curriculum Integration with Unit C: Health in Dance in Practice:** Curated with the QCAA Dance in Practice curriculum in mind, this immersion links directly with Unit C: Health. The program emphasises practical strategies for integrating health and wellness into dance, helping students bridge theory with real-world application.
- **Inspiration for Future Dance Leaders:** Through exposure to professional environments, students gain a holistic understanding of dance health, leaving inspired to apply inclusive practices in their own dance communities.

Aligned with the QCAA Dance in Practice curriculum, this immersive experience equips students with valuable skills for creating inclusive and health-focused dance classes, fostering a creative and inclusive approach to dance that supports physical and social well-being.