

**Sit and Stand Warm up:** done standing, with support and in chair in acknowledgement of space and physical ability. Email [tina.vieria@code.on.ca](mailto:tina.vieria@code.on.ca) for info.

**Edupuzzle.** Free website which allows you to add questions and pause videos when working with a class so students to not move ahead to quickly.

**Josh G Taylor via the Rose Theatre in Brampton:** will conduct virtual zoom workshops with students of all ages.

**Site Specific work:** Use school grounds, student's space at home, outdoor space to inspire movement and create movement

**Pair students together.** Have each film either upper or lower body choreography, share film and partner has to create the other half (upper/lower) choreo to match.

## Code Fireside Chats: Secondary Dance



The Good, the bad, the other stuff

**Kaeja d'Dance:** dance on film (new piece based on interaction with space in time of isolation) as well as amazing films from a long lasting vault of expertise.

**True Roots of Jazz by Up-Rooted:** resource to help break down colonization. Not yet released but keep an eye out

**Notorious Cree** will conduct virtual zoom workshops with students.

**Citadel and Compagnie: Black Ballerina.** Piece by bob Barose. Reach out to Citadel and Compagnie for access. (not suitable for younger grades)

**Hand Dance:** Use only the hand to create a dance piece. Can be used at various levels and combined to teach the elements of dance. Email [cheri-anne.byrne@code.on.ca](mailto:cheri-anne.byrne@code.on.ca) for access.