



Summer of Well-Being
LAMBETH SCHOOLS FLASHMOB

Welcome to the Lambeth School's Summer Flashmob 2022 supported by ELEVATE

We invite you to take part in a Dance Flashmob style event on JULY 6th at 2pm.

Our hope is that as many schools as possible teach the same dance routine to their students and then get outside on July 6th, play the track as loudly as you can, and everyone will dance the same routine at the exact same time throughout Lambeth!!

We hope that you will decide to participate in a cross borough event that is designed to boost Well-Being by getting children and young people moving, creative, engaged in Performing Arts and feeling a sense of belonging and community.

In this pack you will find seven videos to work through with your participating students. One is a dance warm up video designed to be used before each session, though you can of course do your own warm ups if you wish! There is also an Early Years Dance Warm Up that may be suitable for younger children. Then there are three videos where the incredible dance teacher from The Boury Academy CIC, Kage Douglas, teaches you the dance routine. The final two is the routine by itself for you to watch before you start, or to dance along with once you have learned the steps. One version has Kage talking you through and the other is simply the dance with no guidance. Your students can also find this on both the Elevate and Boury Academy Websites.

You are welcome to engage as many or as few students in your school as is practical for your timetable. We have suggested going outside to dance, but equally this could be done in your school hall or even in classrooms. The main thing is to get involved!

We will also be creating a LAMBETH SCHOOLS FLASHMOB VIDEO. If you are willing, and able, then we would like you to **record your students doing the routine and then upload that footage to our secure folder**. We will then edit the footage together so they can see themselves and see how many other schools joined in. We will make sure all participants get a copy and that each school who is a part of the video is credited.

You can have a look at last years amazing video by clicking here..

We really hope you decide to join us on this venture; to create a Summer of Well-Being and help us to fulfil our mission of bringing #PerformingArtsForEveryone

Supported by

ELEVATE.

Lambeth's mission to open up the creative and cultural sector to every young person in the borough



Lambeth

FAQ

We would like to join in but the date and time doesn't work for us, can we still take part?

Absolutely! We would love as many schools as possible to join in at the exact same time to create a feeling of together-ness. If that doesn't work for your school or timetable though, please do feel free to create your own in school event using the routine this term. Please do still consider filming and submitting the footage.

We don't have a dance teacher at our school, can we still join in?

Yes again! The videos as part of this pack are designed to be played to students to watch and follow along with, just as if there was a dance teacher present in school. Of course, if you would rather, a member of staff can learn the routine and then teach it at your own pace instead. It is entirely up to you.

We want to join in but we need more support. Can a teacher visit our school to help?

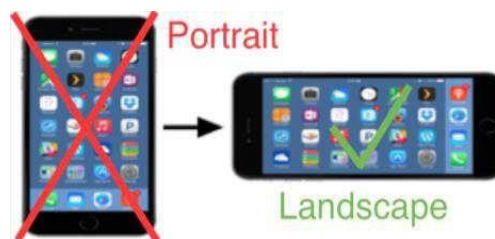
Very possibly. The Boury Academy has some funding to enable us to offer a *small* number of schools a professional performing arts teacher for a one off three hour session at no charge to your school. If this is something you are interested in please get in touch right away.

We are working with Early Years. Can they join in?

We would love to see everyone of all ages having a go. If you are working with Early Years and KS1 then please feel free to adapt the routine to suit your needs. It would be great if you could try and learn the choreography to the chorus and they can even freestyle the rest. It is all about joining in and having fun.

How would you like us to film it?

You can use anything to film your Flashmob, a camera on the school iPad or mobile phone is fine. **Please just make sure that all footage is filmed in LANDSCAPE/HORIZONTAL** and not Portrait or selfie mode! Any footage filmed the wrong way around will not be able to be used in the final edit



When do we need to submit the footage?

Each school should upload a maximum of three videos (OR one video per school class participating if multiple groups from the same school) to the secure folder by **JULY 9th**.

Do you have permissions to share footage of our students in the final video?

Each participating school is responsible for obtaining permission from parents/guardians BEFORE uploading footage to us for edit. We have included a sample release form for you to use to do this. **Each school will need to upload a disclaimer, signed by their SLT, stating**

that they have got the correct permissions in place before we can use their footage. If you would like to film but have students with a safeguarding concern or who have not given permission please just be very careful not to capture them when filming. You can do this by positioning students carefully on the day so they are not necessarily aware that they are not included in filming so they are not singled out and do not miss out on the overall experience.

Can we do more with The Boury Academy?

We would love to work with you! Our Mission is to increase access to Performing Arts for everyone. We have a schools programme where we can send a Performing Arts Teacher to you to fit in with your timetable. This can be as a one off session or to run weekly classes. We have dance, drama and singing teachers or even careers advice sessions from a professional Acting Agent. Please contact info@thebouryacademy.co.uk for further details.

If you have any other questions please don't hesitate to get in touch

USEFUL LINKS AND DATES

- **Link to Registration Form for School Participation**

<https://forms.gle/CJyB32HswgTcrQMP6>

Please fill this in by JUNE 21ST

- **Downloadable Track for FlashMob and Rehearsal**
- <https://www.dropbox.com/s/xc1qwm1jn4penhv/15%20A%20Brand%20New%20Day.m4a?dl=0>

<https://drive.google.com/file/d/1tXCJLmTvvsIE26bHFW5KtlcsNEXCRMWm/view>

(Please note: googledrive may not allow you to play this track but it WILL let you download it and you can then play from your device)

- **DANCE VIDEOS**

Warm Up

YOUTUBE - <https://youtu.be/HkkXDmKOe9U>

Dropbox –

<https://www.dropbox.com/s/qou05t0m12cw0ph/General%20Warm%20Up%205BMic%20Audio%5D.mp4?dl=0>

EARLY YEARS Warm Up

YOUTUBE - <https://youtu.be/g-VIelznTYk>

Dropbox –

<https://www.dropbox.com/s/gptxb3yasbjzhmc/Early%20Years%20Warm%20Up%20%5BMic%20Audio%5D.mp4?dl=0>

LESSON ONE

YOUTUBE - <https://youtu.be/Wr-pWpTn5aw>

Dropbox -

<https://www.dropbox.com/s/nk1ssqajf2bdt6f/Dance%20Tutorial%201%20%5BMic%20Audio%5D.mp4?dl=0>

LESSON TWO

YOUTUBE - <https://youtu.be/qaDTjZ3fYdE>

Dropbox -

<https://www.dropbox.com/s/u4ut5unwgxhs7jw/Dance%20Tutorial%202%20%5BMic%20Audio%5D.mp4?dl=0>

LESSON THREE

YOUTUBE - <https://youtu.be/WXDRUx5szWU>

Dropbox –

<https://www.dropbox.com/s/jy44769d0p5jpv4/Dance%20Tutorial%203%20%5BMic%20Audio%5D.mp4?dl=0>

FULL ROUTINE with guidance

YOUTUBE - <https://youtu.be/Mi37L9ofeYE>

Dropbox -

<https://www.dropbox.com/s/czxxs7di7l0qlzf/Full%20Dance%20Routine%20With%20Guidance.mp4?dl=0>

FULL ROUTINE

YOUTUBE - <https://youtu.be/vYUXnkjCXOQ>

Dropbox -

<https://www.dropbox.com/s/zxsnmfics85s483/Full%20Routine%20No%20Talking.mp4?dl=0>

- **FLASHMOB**

Wednesday July 6th – 2pm

- **Release Form For Parents**

https://drive.google.com/file/d/1QzZZizAl8j1Q1c61C2_udYoaK_hlf5yw/view?usp=sharing

NB: Please do not send these to us. We only require one SLT Release form from each school (below) and do not need to collect any individual student data.

- **School SLT Release Form for Final Video**

<https://www.dropbox.com/request/A0FF6PjKYFIW1tIAbXLd>

This must be filled in and uploaded alongside any submitted footage by **JULY 9th**

DROPBOX LINK TO UPLOAD FLASHMOB FOOTAGE AND CONSENT FORMS

Please note: you do not need a dropbox account in order to upload. This is a secure, password protected file that no one else can access. You will not be able to see any other files that have been submitted, nor will anyone be able to access yours.

Links to Websites and Sponsors

Elevate

www.elevatelambeth.london

The Boury Academy

www.thebouryacademy.co.uk

SOCIAL MEDIA HASHTAGS

If you want to post about your project on Social Media then please consider using the following

#LambethELEVATE @Lambeth_Council @thebouryacademy #PerformingArtsForEveryone

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