

Inclusive Practise and Open Language



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(She, Her)

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Stopgap Dance Company is an inclusive dance company employing disabled and non-disabled dancers.

Professional Practice



Community Work



Inclusion Elevates All!

We use many of the same tools to create access in our professional practice as our community work.

Inclusive Practice is good practice.

By using some of the tools and considerations that you would use to make a session more accessible and inclusive, it can improve your teaching overall.



Open Language Experiment

Practical



Closed Language:

Walk around your room

Closed Language:

Run around your room

Open Language ideas:

Move

Wander

Saunter

Strut

Trudge

Open Language ideas:

Shift

Dart

Dash

Zoom

Woosh

What is Open Language?

Language that includes and enables everyone to participate to their full potential rather than excludes.

Usually non body-part specific and may have a quality or texture associated with it.

Why is it important? What are the benefits?

Enables everyone to follow the same set of instructions in their own way.

Not singling anyone out, because they have a different way of moving.

Used both for technique and a choreographic tasks.



Generating Movement with Open Language



Creative Task Examples

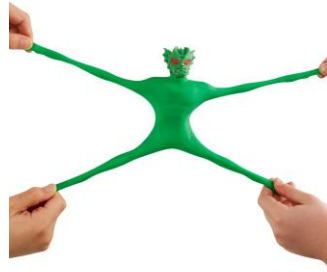
- Stir
- Slide
- Open
- Drop
- Twist
- Flick
- Slice
- Balance

STIR

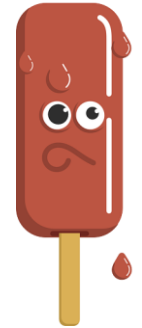


1 BIG, 2 small

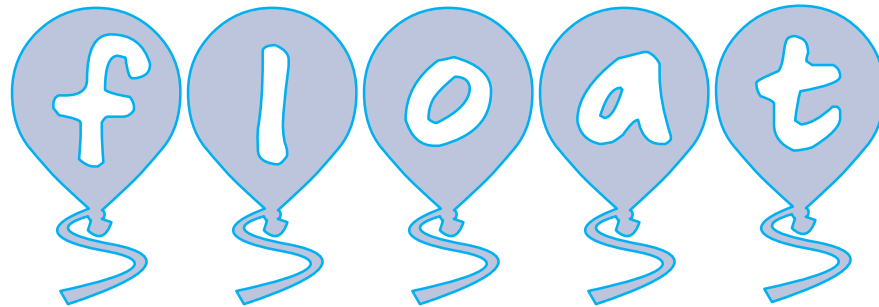
STRETCH



MELT



SQUASH



HEAVY



FIZZ



<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
Throw	Throw	Throw	Catch	---Scoop---		Reach	Drop
----- Circle -----		Sweep	Sweep	Pull	----Fall----		Slide
Hand/Hand	Hold/Hold	Squeeze	Release	---- Shift ----		Open	Close
-----Tilt-----			Recover	Slice	-----Spiral-----		

More information and useful links:



[Stopgap Dance Company](#)



[IRIS Dance Syllabus](#)



[Stopgap's Home Practice Channel](#)



[Stopgap's Beginners Guide to Inclusive Dance Teaching](#)



Inclusive Practice is Good Practice is a film bringing experts from the Inclusive Dance world together to share advice, ideas and tips on Inclusive Dance Practice

