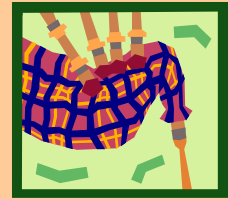
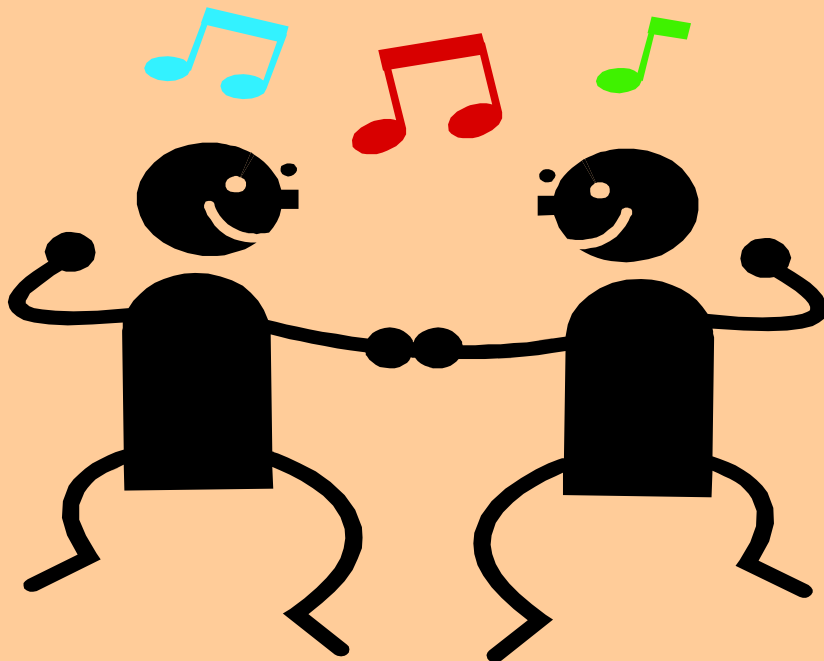


Birlin Roon Tha Flair



An Introduction
to
Scottish Country Dancing
Teacher Booklet





TEACHER NOTES

BIRLIN ROON THA FLAIR AN INTRODUCTION TO SCOTTISH COUNTRY DANCING

The Pupil Workbook 'Birlin roon tha Flair' provides a basic introduction to Scottish Country Dancing. It is especially useful to facilitate cooperative or collaborative cross-curricular work when other subject areas are using 'Key into Ulster' materials.

The two dances included are simple and pupils can learn them within a couple of periods. A short video clip filmed at Ashfield Girls' High School in Belfast shows how a mixed ability Year 8 class was able to attempt one of the dances after approximately 20 minutes in a normal P.E. class.

If you wish to find out more about Scottish Country Dancing, there are many websites available. Here are just a few:

<http://www.rscds.org>

This is the home of the Royal Scottish Country Dance Society.

<http://www.scottishdance.net/scd/>

On the Scottish Country Dance Resource site you will find a wide range of information including warm-up activities and links to dancers worldwide.

http://www.musicinscotland.com/scottish_country_dance_cd_index.htm

This site provides information about music suitable for dancing.

Recommended Reading:

Collins Pocket Reference: Scottish Country Dancing
ISBN: 000472500X

This book covers the basics of Scottish Country Dancing and also includes a collection of both ceilidh and country dances.

The RSCDS has produced a pack entitled Dance Scottish—a resource for teaching Scottish dancing in schools. It includes diagrams for 18 dances, a CD and a video. It can be obtained from:

The Royal Scottish Country Dance Society
12 Coates Crescent
Edinburgh EH3 7AF



TRANSCRIPT OF ARTICLE* ON SCOTTISH COUNTY DANCING

Scottish Country Dancing is a fun activity. The steps are easy to learn and you'll clear the cobwebs and worries away as you birl roon tha flair!

You don't need to bring a partner: just come along yourself or come with friends for a night out and plenty of exercise and a good laugh together.

A total beginner can easily learn a basic dance by the end of their very first class. There are five levels altogether starting with beginner, then intermediate, advanced and very advanced. For the really keen you can go on to be a demonstration standard dancer or even do one or two teacher awards.

Scottish Country Dancing is for both men and women. It is a great way to keep fit (and cheaper than going to the gym or getting a personal trainer). It is mildly aerobic therefore helps improve circulation, strengthens heart muscles, and raises fitness levels. Release of endorphins provides improved sleep patterns and reduced levels of stress and tension.

It offers you a chance to learn something more about the cultural heritage of these islands and is a really effective way to get rid of all that stress and tone those muscles, guys! Scottish Country Dancing is weight bearing therefore it builds bone density helping prevent osteoporosis. It also reduces cellulite, ladies.

It is less stressful on the joints than aerobics yet it burns lots of calories. 30 minutes of fairly easy dancing uses up approximately 160 calories: the equivalent of 20 minutes of vigorous swimming or half an hour of moderate housework. It promotes a feeling of calm and gives a clear mind without the spaced out feelings associated with meditation or yoga. After an evening of Scottish Country Dancing you will feel relaxed and clear headed and your sleep patterns improve dramatically.

Scottish Country dancing is about dancing with others in a group and so builds confidence (there is always someone else to help you through the dance) as well as providing a non-competitive environment where you can be yourself - no pressure.

** Notes amended from www.scottishdancing.org*