



# Jam Free

a schools dance performance project for girls aged 11-16

## What is Jam Free?

Jam Free is a dance performance project for School Sports Partnerships based in the outer London boroughs, coordinated by London Youth Dance and Sadler's Wells. The project is designed to inspire girls aged 11-to 16 years to take part in physical activity through dance.

## What does the project offer schools?

The participating SSP receives:

- a ten-week after-school **dance club** delivered by an experienced dance artist;
- the opportunity to take part in a Jam Free **performance** hosted locally;
- a further celebratory performance at the Lilian Baylis Studio at **Sadler's Wells**
- a visit from a **professional choreographer** within curriculum time, including a practical workshop and an opportunity for students to ask about their creative process;
- a **teachers pack** for all schools within the Partnership





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### Who delivers the workshops?

Jam free will be delivered in Harrow in 2010-11 by **Srishti Skills**, a Harrow-based dance education company specialising in Bharatanatyam, a classical South Asian dance. Srishti offers years of experience in delivering education work to young people.

### When does it take place?

The workshops will begin in November—December this year, and lead up to a series of performances in Spring 2011.



### How many students can participate?

To ensure safety and individual attention from our tutor, we recommend a maximum club size of 20.

### Where can I find out more?

Visit <http://www.londondance.com/content.asp?CategoryID=3567> to learn more about the initiative and to view a film about the 2009-10 Jam Free project.

### I would like to book Jam Free workshops for my school—who do I contact?

Contact Srishti on **020 8420 1076** or on email [srishti@srishti.co.uk](mailto:srishti@srishti.co.uk), or visit our website at [www.srishti.co.uk](http://www.srishti.co.uk)



**Sadler's Wells**



**london youthdance**

Department for  
**Education**