

Jo Harmer



Jo has over thirty years' experience as a primary school teacher and peripatetic music teacher in Hampshire. She is an established and respected dancer and teacher of folk

dance, her main interest being in traditional percussive dance, and most recently in local step dancing. She is passionate about the value of using traditional folk music and dance with children.

About the company

FolkActive CIC is a community interest company which aims to encourage and enable communities to come together in active enjoyment, ownership and development of traditional music, dance and folk arts.

We teach, share and promote the traditional music, dancing and folk arts of the south of England to a range of communities, groups and individuals through workshops, courses and social sessions.

We work with a wide variety of individuals and groups, including children and young people, older people, refugees, asylum seekers and new migrants, people in specific localities and people who simply share a common interest.

Cath Watkins



Cath plays and teaches violin, specialising in folk fiddle. She is particularly involved with English traditional music and aims to encourage people of all ages to learn and

play together. She leads Southampton Folk Orchestra, and runs an informal traditional music session. She plays with folk band Jigfoot and works two days a week as an advice worker at a refugee charity.

Jo Harmer

jo@folkactive.org.uk
07709 651149

Community Interest Company No 8761295
37 Northbrook Road, Southampton SO14 0BW

Cath Watkins

cath@folkactive.org.uk
07905 724524

www.folkactive.org.uk

folkActive

Education • Development • Activism



Folk music and dance workshops for schools.

Bringing local culture, history and traditions alive in active, creative and relevant ways.

folkactive.org.uk

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Our Workshops

FolkActive workshops always use live music, and where possible culminate in a sharing or short performance. Most workshops are adaptable across the primary school age range.

Contact us to see what we can develop together.

Country Dancing and Ceilidhs **KS1 KS2**

Country dancing is enjoying a comeback and we're delighted to help schools wishing to get involved! On a bigger scale, ceilidhs or barn dances are popular for school celebrations and are great for Key Stage transition projects which bring children from different feeder schools together in their new school.



Morris Dancing **KS1 KS2**

Based on traditional morris dances from the Welsh borders, this workshop uses sticks which add a great rhythmic dimension. Creativity within the style is encouraged, and dances can be themed to mark an event, to develop a story, or to represent the turning of the year. It's challenging, good fun and you could end up with a school display team for the summer fair!

Stepping : Drumming with your feet **KS1 KS2**

Stepping or step dancing is the original street dance and the ancestor of tap dancing. It used to be common in Hampshire but is rarely seen nowadays. We'd like to change that! Starting very simply with accessible building blocks this session really encourages confidence and individual creativity. Where relevant we can include simple social dances collected in the New Forest one hundred years ago from Romany families.

We also have access to 60 pairs of English clogs which can help KS2 classes to connect through dance with the lives of working class Victorian children.

Broom Dancing **KS1 KS2**

Broom dances were once performed by individuals all over the country and are lively and great fun. We teach some simple traditional steps and moves before adding a creative dimension and possibly a competitive challenge for the brave.

Mini Melodeons **KS2**

These accessible instruments give children the experience of playing a traditional folk instrument and have an infectious and appealing sound. Workshops can range from playing short phrases and chords to accompany a folk tune, to playing scales and simple melodies. Melodeon playing can be included with other workshops enabling children to accompany dances and songs.

Way Haul Away **EY KS1 KS2**

A nautically themed workshop which can include shanties, broom dancing, mini melodeons and step dancing. This is definitely our most popular and flexible workshop to date, and it can involve pirates!

Old MacDonald Had a Barn Dance **EY**

This popular themed workshop for early years is the ideal introduction to country dancing, using action songs, singing games and simple dances to develop a class barn dance.

On Your Doorstep **KS1 KS2**

What are the songs, tunes and dances which best reflect your local community's rural or industrial heritage? We enjoy developing individualised projects with schools to enrich and enliven local studies, or to commemorate significant events and anniversaries.

Midwinter Mummers Plays and Folk Carols **KS2**

Traditional mummers plays were a country custom usually performed at Christmas time and they are easily adapted for schools. We use an authentic Hampshire play, or a basic script which can be developed to reflect a school's situation. A day's workshop could also involve making simple costumes, learning a local Hampshire carol, and a simple dance, providing opportunities for each child to take part in a seasonal performance.

Maypole Dancing **EY KS1, KS2**

Prepare for May Day and summer celebrations with maypole dances old and new. We can use your school's maypole or bring our own, and offer a whole day of differentiated workshops culminating in a shared performance, or half day sessions tailored to your school's requirements. We also run staff sessions to establish confidence with the dances and can advise on music and other resources.

And there's so much more! Contact us about songs and dances relevant to KS1 topics including Castles, The Great Fire of London and Scottish Islands.

"What a brilliant way to meet curriculum requirements for British culture and values in a really creative way"

- Southampton Music Teacher

"I can do this! I know this from home!" - 6 year old Lithuanian boy

"All the children were involved in something that was inclusive, non threatening and confidence building but to them was just sheer good fun. Thank you so much" - Andover Barn Dance

