



Training Programme for Dance Instructors

Singapore Chinese Dance Theatre (SCDT) has launched a new Industry Development initiative, the **Training Programme for Dance Instructors**, to cater to Chinese dance enthusiasts who are passionate about spreading their love and knowledge for this art form to the younger generation, but are unsure how to start going about it.

This Programme seeks to equip these individuals with the essential knowledge and skills on teaching Chinese dance to pre-primary students who are just embarking on their learning journey. In the longer run, SCDT hopes its efforts could help increase the base of competent Chinese dance educators in Singapore, to align with its broader goal of nurturing a sustainable and vibrant local Chinese dance community.

Course Period:

January – May 2026

Course Duration:

30 hours

Course Language:

This programme will be conducted in Chinese. Explanations and instructions in English will be provided on a case-by-case basis.

Course Outcome:

At the end of this Training Programme, participants should be able to:

- have a fundamental but solid level of knowledge and experience in conducting Chinese dance lessons to pre-elementary level students;
- be equipped with a comprehensive syllabus that enables them to teach Chinese dance to pre-elementary level students;
- independently design lesson plans for Chinese dance lessons for pre-elementary level students (aged 4 to 6 years old), i.e. First-Step students; and
- confidently demonstrate and articulate in teaching, the fundamentals of Chinese Dance, with quality and precision.

Job Opportunities:

Exceptional trainees may be offered a contract with the company as an Instructor Assistant or Instructor, depending on availability.

Course Fee:

\$400, inclusive of material cost (before GST)

To Apply:

Click [here](#) to submit your application.

To Enquire:

Contact us at **6589 9501** or email **admin@scdt.com.sg** for more information.

Course Content:

This programme comprises 3 segments: Theory, Technique Mastery, and Practicum.

Course Segment	Description of Course Segment
Theory (8 hours)	A range of essential knowledge will be shared with participants through the facilitator's sharing and a variety of learning activities to encourage participants to apply the theory taught. <u>Essential Dance Pedagogy:</u> With the aim of creating meaningful, student-centred dance experiences for pre-primary learners, a range of topics that will be explored and discussed include approaches to teaching, how to structure progressive learning experiences, and how to adapt instruction to meet diverse learners' needs. <u>Classroom Management:</u> Foundational knowledge and practical strategies for managing a pre-elementary level dance classroom will be covered in this segment, including setting expectations, maintaining student engagement, fostering a positive and safe learning environment, and handling common behavioural challenges. <u>Crafting Lesson Plans:</u> Lesson plans are critical for the success of any lesson. Participants will be guided through the process of creating a clear, structured, and engaging lesson plan. As part of the assessment, participants will need to design one lesson plan, which will be executed during the lesson stint, and further refined during evaluation after the stint.

Technique Mastery (12 hours)	Apart from theoretical knowledge, it is also essential for Chinese Dance educators to have a strong foundation in their niche style. <u>Fundamentals of Chinese Dance:</u> The basics of Chinese Dance will be reiterated, focusing on terminology, movement precision, and teaching instruction to achieve this movement precision. The basics covered will include, but are not limited to, hand and feet positions (手位与脚位), <i>shenyun</i> elements (身韵元素), footwork (步伐), directions (方向), etc... <u>First-Step Syllabus:</u> SCDT has internalised its own syllabus that is used to teach our First-Step classes. Participants will learn the routines in this syllabus, as well as explore teaching methods to teach these routines. There will be a physical assessment to test participants' grasp of movement clarity, precision, and familiarity.
Practicum (10 hours)	Participants will be assigned to one First-Step class at SCDT for a total of 6 weeks (1 lesson per week, 75 minutes per lesson). <u>Class Observation:</u> Participants will sit in to observe how a First-Step class is typically conducted. This will allow them to better understand and experience an actual dance class environment and the students. Class observation will take place for 4 weeks. <u>Lesson Stint:</u> After 4 weeks of class observation, participants will be paired up and take turns to (1) conduct a full lesson to a First-Step class, and (2) observe/assist their partner, over 2 lessons.

Course Assessment:

Throughout this programme, participants will be assessed on several aspects, including:

Assessment Criteria	Description of Criteria
Attendance	It is compulsory for participants to be present and complete all sessions of this programme.
Physical Assessment of Chinese Dance Foundation Technique	Participants will be formally assessed on their presentation of the First-Step Syllabus after completing the learning. All routines will need to be performed during the assessment to ensure familiarity and accurate movement articulation, which will be essential for the lesson stint.
Lesson Plan	Participants need to submit one lesson plan (guided during the course), which they will need to execute during their stint.
Lesson Stint	Participants will be paired up for the lesson stints. Over two sessions, they will take turns to (1) conduct a full lesson to a First-Step class, and (2) observe/assist their partner.
Written Reflection	Participants will need to submit one piece of reflection at the end of the course, documenting their learning takeaways.

All of the above assessment criteria must be achieved and properly completed in order for the participant to be deemed to have successfully completed the programme.

Course Materials:

Participants will be provided with the following course materials during/ upon successful completion of the full programme:

- PPT / Handouts that were shared during the Theory sessions
- A complete set of First-Step Syllabus materials, including demonstration videos, music tracks, and a compiled copy of the teaching notes

Course Schedule:

All sessions of this programme will be conducted face-to-face at SCDT's premises, unless otherwise informed.

Date	Time	Course Content	Venue
23 Jan 2026 (Fri)	7:00 pm – 10:00 pm	Theory: Essentials of Dance Pedagogy	5 Sennett Rd, Singapore 466781
30 Jan 2026 (Fri)	7:00 pm – 9:30 pm	Theory: Classroom Safety & Management	
6 Feb 2026 (Fri)	7:00 pm – 9:30 pm	Theory: Crafting Lesson Plans	
27 Feb 2026 (Fri)	7:00 pm – 10:00 pm	Technique: Fundamentals of Chinese Dance, Technique: First-Step Syllabus	
6 Mar 2026 (Fri)	7:00 pm – 10:00 pm	Technique: First-Step Syllabus	
13 Mar 2026 (Fri)	7:00 pm – 10:00 pm	Technique: First-Step Syllabus	
20 Mar 2026 (Fri)	7:00 pm – 10:00 pm	Technique: First-Step Syllabus Assessment	
28 Mar – 26 Apr 2026 (Sat, Sun)	TBA* <i>75 min session per week</i>	Practicum: Class Observation (4 sessions)	5 Sennett Rd, Singapore 466781 or 397 Lor 2 Toa Payoh, Singapore 319639
2 – 24 May 2026 (Sat, Sun)	TBA* <i>75 min session per week</i>	Practicum: Lesson Stint (2 sessions)	
29 May 2026 (Fri)	7:00 pm – 9:00 pm	Lesson Stint Reflection and Evaluation, Programme Evaluation	5 Sennett Rd, Singapore 466781

*Depending on the class assigned

Course Facilitator:



Zina Tan is SCDT's Senior Outreach and Education (ONE) Artiste, and a dedicated Chinese dance educator with over a decade of teaching experience in schools and community settings.

She holds a Master of Arts in Professional Education (Training and Development) from the National Institute of Education, alongside professional certifications in both Classical Chinese Dance and Chinese Folk Dance teaching.

Since 2013, Zina has been an instructor with Singapore Chinese Dance Theatre (SCDT), where she has taught children, youths, and adults, fostering a deep appreciation for Chinese dance across generations. Beyond SCDT, she also teaches in primary and secondary schools, guiding students to multiple achievements at the Singapore Youth Festival (SYF) Arts Presentation, including Distinction awards in 2015, 2018, 2021, and 2023.

Passionate about nurturing the next generation of educators, Zina encourages learners to approach Chinese dance with discipline, creativity, and a spirit of exploration. Her solid pedagogical foundation, combined with extensive teaching experience, makes her a dedicated mentor for aspiring Chinese dance instructors.