EDUCATOR'S GUIDE

PULSE

Grades 2–6

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CHARLESTON GAILLARD CENTER
gaillardcenter.org
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ABOUT THE SHOW

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PULSE is a wondrous journey on, in, and with our living planet—a planet whose pulse is everywhere around us. From the cycle of the seasons to the heartbeat of an elephant or from a drop of water's journey to the magical thump on your wrist, we all dance to the beat, to the pulse, of our world.

Company | E will set your imagination alight in a world premiere production filled with dance, music, and storytelling. Hailed by *The Washington Post* as "a brave and talented troupe willing to take risks," Company | E returns to present another unique, cutting-edge story for young audiences.

ABOUT THE COMPANY
Since 2011, Company E has traveled the world performing. The company has served as cultural diplomat in over 40 countries. With an emphasis on live and original music, they often commission music from composers globally. The company presents a variety of multi-media works. The company uses cutting-edge technology to create immersive augmented and mixed reality projects.

In addition to live performances, Company | E has a strong commitment to education and community outreach. The company shares their passion and knowledge of the arts through dance classes, in-school workshops, summer intensives, and more.

READ MORE ABOUT COMPANY | E

ABOUT THE ARTISTIC DIRECTORS

ABOUT PAUL GORDON EMERSON

Executive & Co-Artistic Director

Paul Gordon Emerson is originally from New York City, and now lives in Washington DC. He was a Legislative Director on Capitol Hill, and Mr. Emerson is now a Guest Lecturer at the U.S. Department of State's Foreign Service Institute – the training center for U.S. Diplomats. His writings on cultural diplomacy have appeared in the New York Times and his imagery has been published in *the Times*, *the Washington Post*, Dance Magazine, and in publications throughout the world.

He directs Company | E's film division, Ciné and its experimental work in Augmented Reality and interdisciplinary collaborations between film and stage-craft.

Mr. Emerson was the founder of CityDance Ensemble, an organization which he led variously as Executive and Artistic Director for the first 15 years of its existence before he, Ms. Pilkington and Ms. Compton formed Company | E. During his tenure at CityDance the organization won five DC Mayor's Arts Awards, to date the most ever awarded to an organization.

ABOUT KATHRYN SYDELL PILKINGTON

Co-Artistic Director

Co-Founder, Co-Artistic Director and dancer, Ms. Pilkington is originally from North Carolina. She received a BFA from The Juilliard School. In DC, she has worked with local dance companies such as DanceSmith, Karen Reedy Dance, and CityDance Ensemble. She co-founded Company E with Paul Emerson in 2011, where she has been fortunate to dance work by international artists such as Ohad Naharin, Rachel Erdos, Thomas Noone, and the great Paul Taylor, to name a few. Her choreography has been seen in spaces such as the Grand Foyer of the Kennedy Center, the streets of Havana, Cuba, and opera houses in Kazakhstan. Kathryn is an adjunct faculty member at George Mason University and an ACE certified personal trainer. She resides in Annandale, Virginia with her husband, Geoffrey, and sons, Gavin and Colin.

CONNECT

CLASSROOM WORKSHOPS

Pulse of Dance: Fractions and Beats
Grades 3rd–6th
In this dance workshop, students will learn how dancers are also mathematicians. Students will learn how dancers count music, including half time and double time. Students will apply these concepts to their own contemporary choreography at the end of the workshop.
Click Here for the Lesson Plan

Creating Music for Dance
Grades 3rd–6th
In this music workshop, students will learn how to compose music for dance using everyday items. By using spoons, cups, sand paper, and more, students will watch a contemporary dance piece and create their own music to it.
Click Here for the Lesson Plan

Nature Art
Grades 2nd–5th
In this visual arts workshop, students will analyze contemporary dance to create their own artwork. Using materials such as leaves, sticks, and flowers, students will create their own dancer. Students will then write a cinquain poem about their artwork.
Click Here for the Lesson Plan

Poem Tableaux
Grades 2nd–4th
In this theater workshop, students will learn how to tell stories through tableaus. By creating a series of frozen moments in time, students will bring poetry about nature to life.
Click Here for the Lesson Plan

DISCUSS

DANCE BETWEEN CONNECTION AND DISTRACTION IN A DIGITAL AGE

TECHNOLOGY DISCUSSION QUESTIONS

1. How Does Technology Help Us?

Discussion Questions:

- What technology do you use every day?
- How does technology help you learn?
- How does it help families stay connected?

Topics:

- Learning new things
- Communicating with friends and family
- Solving problems
- Entertainment
- Creativity (drawing, coding, making videos)

2. Screen Time: How Much Is Too Much?

Discussion Questions:

- How do you know when you've had enough screen time?
- What activities can you do without technology?

Topics:

- Affect on sleep
- Less face-to-face interaction
- Movement
- Eye strain

3. Technology in School

Discussion Questions:

- How do tablets and computers help students?
- Are there times when paper and pencils work better?

Topics:

- Quick access to information
- Interactive learning
- Easier research
- Distractions
- Technical problems
- Not everyone has the same access

3. Being Kind Online

Discussion Questions:

- Is it easier or harder to be kind online?
- How would you feel if someone posted something unkind?

Topics:

- Respect
- Cyberbullying
- Positive communication
- Thinking before posting

4. Technology and Creativity

Discussion Questions:

- Can technology help people be creative?
- At what point does technology hinder creativity?

Topics:

- Art forms that can be helped or hindered by technology: art, music, video production
- AI artwork
- Platforms for artistic expression

5. Finding Balance

Discussion Questions:

- What does a balanced day look like?
- How can we enjoy technology while making time for other activities?

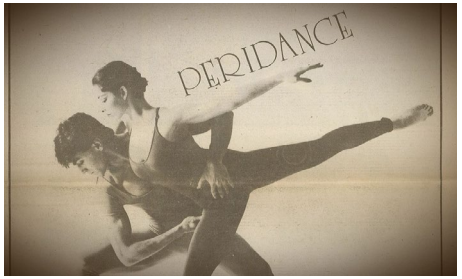
Topics:

- Reading
- Outdoor play
- Family time
- Sports
- Arts and crafts
- Hobbies

EXPLORE

CONTEMPORARY DANCE COMPANIES

Contemporary dance is a style of interpretive dance that embraces innovation, blending techniques from various genres, including classical ballet, jazz, modern dance, and lyrical dance. This genre of dance, which focuses more on floor work over leg work and pointe, isn't restricted by the rules that govern traditional dance forms. Instead, it relies on improvisation and versatility and is characterized by freedom of movement and fluidity, letting dancers explore the mind-body connection and ideally evoking emotion in the audience.



Peridance Contemporary Dance Company
New York City's Peridance Contemporary Dance Company (PCDC), led by Founder and Artistic Director Igal Perry, has been a powerhouse of expressive and innovative dance since 1983. The Company made its New York City debut in 1985 at the Riverside Dance Festival, and over the next 40 years has held NY seasons at venues including the Joyce Theater, the Kaye Playhouse, Lincoln Center, and the KnJ Theater at Peridance, commissioning over 75 new dance works.

Over the last decade, the Company has premiered new works by 21 choreographers, and, in line with Perry's commitment to commissioning new and live music for dance, the Company has employed over 48 musicians and composers.

The Company's annual performances serve as a launchpad for new works and touring performances both nationally and internationally.

WATCH
Peridance Contemporary Dance Company

Akram Khan
In July 1999 in the foyer of the Queen Elizabeth Hall in London, an animated and curiosity-filled conversation took place between the young gifted dancer/choreographer Akram Khan and an ambitious former dancer and just recently graduated arts manager Farooq Chaudhry. That conversation laid the foundation stone for a dynamic collaboration, culminating in the creation of Akram Khan Company one year later.

Inspired by Akram Khan's early training in the Indian classical dance form Kathak, and the hybrid language that organically emerged when Akram's kathak training encountered contemporary dance in his teens, a vision began to form, fuelled by a desire to learn and create through collaboration with the very best people across all the disciplines in the arts.

The rules were simple: take risks, think big and daring, explore the unfamiliar, avoid compromise and tell stories through dance that are compelling and relevant, with artistic integrity.

In almost 25 years, Akram Khan Company is now undisputedly one of the foremost innovative dance companies in the world. The programmes range from kathak and modern solos to artist-to-artist collaborations and ensemble productions. The Company has a major international presence and enjoys busy tours that reach out to many cultures and peoples across the globe.

WATCH
Introdans - Akram Khan's "Kaash"

EXPLORE

CONTEMPORARY DANCE COMPANIES

BalletX

BalletX expands the vocabulary of contemporary ballet for all audiences through innovative performances, world premiere choreography, dance education, and community programs. BalletX, Philadelphia's premier contemporary ballet, unites artistic innovation with technical excellence to forge new works of athleticism, emotion, and grace. Founded in 2005 and led by Artistic & Executive Director Christine Cox, the company has commissioned over 80 choreographers from around the world to produce 150 world premieres that are "fresh, inclusive, and connect to what people want" (*Philadelphia Citizen*). With a versatile and diverse ensemble of 16 dancers, hailed as "among America's best" by *The New York Times*, BalletX pushes the boundaries of classical ballet to tell today's stories with passion, creativity, and exuberance.

WATCH

Book BalletX On Tour

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We Are Family