

## *The Royal Scottish Country Dance Society*

### **EXAMINATION SYLLABUS** - Revised October 2023

#### **TEACHING CERTIFICATE PART 1 AND TEACHING CERTIFICATE PART 2**

##### INTRODUCTION

The training of teachers has been an important feature of the work of the Royal Scottish Country Dance Society (RSCDS) since its inception in 1923. The value of such training is recognised throughout the world and the ability of RSCDS teachers to pass on their skills to others is one of the main factors in ensuring the future, not only of the Society, but also of Scottish country dancing itself. The two-part structure comprises five units:

##### Teaching Certificate Part 1

Unit 1: Theory Exam

Unit 2: Practical Dancing

Unit 3: Teaching Level 1

##### Teaching Certificate Part 2

Unit 4: Teaching Practice

Unit 5: Teaching Level 2

Candidates successfully completing the first three units will be awarded the Teaching Certificate Part 1; those completing Units 4 and 5 successfully will be awarded the Teaching Certificate Part 2. Units 1 and 4 will be assessed and moderated by single examiners. The assessment of Units 2, 3 and 5 will be carried out by two examiners with the tutor being involved in the discussion. The final result will be determined by the examiners.

All candidates are required to pay an [examination fee, at the current published rate](#), for each examination undertaken. Any candidate who is unable to take the examination due to illness or other emergency after paying the examination fee may apply for and receive a refund, providing the application is within two weeks of the exam.

The role of the mentor (a fully qualified RSCDS teacher) in Unit 4 is described under that section and on the RSCDS website.

##### DISABILITY POLICY

Any candidate who has a relevant disability should inform the RSCDS at the time of their application to sit any of the examination units so that reasonable adjustments may be made, where possible, on a case-by-case basis.

## TEACHING CERTIFICATE PART 1

Except in unusual circumstances, Unit 1 must be taken before Units 2 or 3. A candidate should start the course for Unit 2 either before or at the same time as Unit 3. Units 2 and 3 must be passed within 3 years of each other. Teaching Certificate Part 1 will be awarded when passes in Units 1, 2 and 3 have been gained.

### UNIT 1 – Theory Paper

The RSCDS Unit 1 Exam is the theory part of the RSCDS Teaching Certificate. It is a two hour theory paper that tests the candidate's knowledge and understanding of Scottish country dancing. Candidates are assessed on their knowledge of the History of Scottish Dancing and the RSCDS, Scottish country dance music and their knowledge and understanding of dancing, including steps and formations, use of hands, general characteristics and particular features. All this material is covered in the Manual.

Dates for the Unit 1 Exam are set by the RSCDS Education and Training Committee and usually run in March and October every year. [These dates are published here on the RSCDS website.](#)

#### Conditions of Entry to the Exam

- A candidate must be an RSCDS member.
- A candidate must be over 16 years of age at the date of exam.

#### Administration of the Exam

Any RSCDS Branch, Affiliated Group or sole candidate can organise a Unit 1 Exam. The Unit 1 Guidelines for Organisers and Invigilators (X1-02) gives all the information needed to organise the Unit 1 Exam.

A group wishing to run a Unit 1 Exam should apply using the [Organiser Application Form \(X1-04\)](#).

Candidates should apply using the [Candidate Application Form \(X1-03\)](#). Candidates should also read "[Unit 1: Guidelines for Candidates \(X1-01\)](#)."

All applications must be made **six weeks before the Exam date**. A candidate wishing to take the Exam translated into a language other than English must request this at least **12 weeks** before the Exam date. Candidates with relevant additional support need may also request accommodation. Details are in "[Unit 1: Guidelines for Candidates \(X1-01\)](#)."

Candidates may prepare through independent study or through attending a class run by a Branch or a School. It is strongly advised that at least part of the preparation includes supervised instruction and study. Copies of mock papers and marking schemes are available on the RSCDS Website.

#### Assessment

- The Exam will be two hours long.
- The pass mark is 70%.
- The Exam consists of five sections. These are compiled from the sections: History, Technique,

Formations, Music. The allocation of marks will be shown in detail on the question paper within the bands:

- Multiple Choice (Made up from the History and Music sections) 10%
  - History 5-10%
  - Technique and Formations, including a small amount of application of technical knowledge, 70-80% (Application of technical knowledge is defined as how to use factual knowledge from the Manual in dancing, e.g. special use of steps within formations)
  - Music 5-10%.
- A candidate may choose to sit the RSCDS Unit 1 Exam using any of the following methods:
    - Online Exam (preferred)
    - Offline Exam
    - Paper ExamInformation on these different methods is found in [Unit 1 – Guidelines for Candidates \(X1-01\)](#) and [Unit 1 – Guidelines for Organisers and Invigilators \(X1-02\)](#).
  - The Exam is *open book*, meaning that candidates have access to the RSCDS Manual throughout the Exam. Candidates should take in their own copy of the Manual to the exam – either in electronic or paper form.

### Exam Content

The questions will be set on areas of the Manual as outlined in Appendix A.

Each candidate must have a knowledge of:

(a) History – including:

- the general history of Scottish country dance
- the founding, development and objects of the RSCDS
- the structure and organisation of the RSCDS
- the achievements of the RSCDS

(Chapters 1 and 2)

(b) Technique

- basic steps - for each of the five basic steps described in Chapter 5, candidates must be able to:
  - describe the foot positions
  - explain the rhythmic movement of the step using the foot positions
  - describe the character of skip change and strathspey travel steps
  - give a suitable musical rhythm for practising the step
  - list the points to observe for the step
- use of hands – candidates must be able to:
  - describe the main characteristics
  - give general rules for use
  - describe specific use
- general appearance of the dance – candidates must be able to:
  - describe types of sets and arrangement of dancers on the floor
  - describe, with diagrams, how progression takes place
  - list the main points which contribute to teamwork
  - list the attributes which lead to good and bad phrasing

(Chapters 3, 5 and 6)

(c) Formations – candidates must be able to:

- describe with words the starting position, the finishing position, the shape and phrasing of any of the formations detailed in Chapter 6 (see Appendix A for examinable areas) for all the dancers involved
- specify the step or steps used and any adjustments to the step
- describe the use of the hands

(Chapter 6)

(d) Music – including:

- the evolution of Scottish country dance music through the centuries and the instruments used to perform it in those periods
- Scottish country dance music publication, its progress and the contribution of the RSCDS
- names, dates and contributions of the main composers/performers of Scottish country dance music
- how the music relates to Scottish country dancing, the importance of musical phrasing, the significance of original tunes and ways of developing rhythmic awareness in the dancer
- the importance of the tempo of the music and the problems arising if the tempo is incorrect
- characteristics of jig, reel and strathspey music and their time signatures

(Chapter 4 and section 8.1 of Chapter 8)

### Results

- The result of the exam will normally be sent out by RSCDS Office within 8 weeks of the date of the exam.
- A copy of the summary mark sheet with the marks awarded for each section will be returned to the candidate.
- To avoid any breach of confidentiality, results will not be given out over the telephone.

### Re-sits

- A candidate who fails the Unit 1 Exam may re-sit the exam.
- No candidate may enter for this Unit 1 Exam more than 3 times.

## **UNIT 2 – Practical Dancing**

There will be classes to prepare candidates undertaking this Unit. The course, which should be a minimum of 15 hours, may be run by Branches or at Schools and candidates must attend such a course before sitting the examination. There should be a maximum period of four weeks between the end of the Unit 2 examination course and sitting the Unit 2 examination. The basic required knowledge for this unit is in Chapters 1 to 6 of the RSCDS Manual, current edition.

### Syllabus

Candidates must show in their dancing:

- a) rhythmic movement
- b) accurate footwork and handing
- c) use of the correct steps for specific movements
- d) accurate dancing of formations
- e) accurate phrasing and covering
- f) co-operation and teamwork
- g) the ability to maintain poise and deportment
- h) a thorough knowledge of the prescribed dances listed in Appendix B

At the time of applying for the course candidates will be given a copy of the Assessment Form which will be used by the examiners.

#### Conditions of Entry to the examination

1. A candidate must be over 16 years of age at the date of the examination and be a member of the Society. Under normal circumstances it is expected that candidates will have attended a Scottish country dance class for at least 3 years immediately prior to the Unit 2 course, and have attained a high standard of personal performance.
2. A candidate must be fully proficient in the steps and basic formations of Scottish country dance BEFORE starting the course.
3. A candidate must have attended a course of training of at least 15 hours. When candidates sit the examination other than at a School, the training should preferably be spread over a period of weeks.

#### Conduct of the Examination

Each candidate:

1. Must be prepared to give a concise reminder of each prescribed dance before it is performed, although this will not be marked. (During the examination no reference to the printed instructions for the dances is allowed.)
2. Will be required to dance with partner as first couple one reel, one jig and one strathspey, twice through (i.e. normally a couple will lead 3 dances, and more than that only if the examiners consider it necessary). However, if there are four or fewer candidates, each couple will be required to lead more than the requisite one reel, one jig and one strathspey.
3. Will be required to dance in a supporting role for the other candidates.
4. May be required, at the discretion of the examiners, to dance simple exercises including steps and/or any of the formations contained in the dances listed in Appendix B.

#### Assessment

1. Each candidate will be required to dance to a satisfactory standard any of the prescribed dances.
2. The assessment will be carried out by two examiners, with the tutor being involved in the discussion. The final result will be determined by the examiners.

#### Results

1. The result of the examination will normally be sent out by RSCDS Headquarters within 6 weeks of the date of the examination.
2. Assessment form
  - The original assessment form will be sent to the candidate.
  - a copy will be retained at Headquarters.
  - a copy marked confidential will be sent to the tutor
3. To avoid any breach of confidentiality, results will not be given out over the telephone.

#### Re-sits

1. A candidate who fails the Unit may re-sit the examination after 6 months, during which time he/she should aim to improve the required skills.
2. No candidate may enter for this Unit more than 3 times.

### **UNIT 3 – Teaching Level 1**

There will be classes to prepare candidates undertaking this unit. The course, which should be a minimum of 25 hours, may be run by Branches or at Schools. Where a mixed level course is being run, covering both Unit 3 and Unit 5, the length of the course should be a minimum of 35 hours. Candidates must attend such a course before sitting the examination. There should be a maximum period of four weeks between the end of the Unit 3 examination course and sitting the Unit 3 examination. A candidate must pass Unit 3 within *three* years of having passed Unit 2.

#### Syllabus

Candidates must show in their teaching:

- a) knowledge of technique and formations as detailed in the RSCDS Manual, current edition, with relevant teaching points and practice. The formations to be covered for this unit are listed in Appendix C.
- b) presentation and observation – ability to demonstrate steps, formations, handing and phrasing, to teach from beginner’s level and to analyse and correct faults
- c) good use of voice – ability to give firm, clear instructions, to speak and coach rhythmically
- d) class management – facility in arranging the class for technique and formation practice
- e) good use of music – an ability to request appropriate music for step practice, to guide the musician, where necessary, regarding tempo or to select appropriate recorded music
- f) an enthusiastic manner and positive approach

At the time of applying for the course, candidates will be given a copy of the Assessment Form which will be used by the examiners.

#### Conditions of Entry to the examination

1. A candidate must be over 16 years of age at the date of examination and be a member of the Society. Under normal circumstances it is expected that candidates will have attended a Scottish country dance class for at least 3 years immediately prior to the Unit 3 course, and have attained a high standard of personal performance.
2. A candidate must have attended at least 20 hours of a recommended minimum 25-hour training course for this Unit or in the case of a mixed level course must have attended at least 30 hours of a recommended 35 hour training course. When candidates sit the examination other than at a School, the training should preferably be spread over a period of weeks.

#### Conduct of the Examination

Each candidate will be given a note of:

1. The step to be taught.
2. The formations to be taught to a minimum of 16 dancers for a period of 20-30 minutes.  
NB: Candidates should aim for a 25 minute lesson. It is recognised that those teaching in strathspey tempo or main formations requiring three couples will require some of the additional time allowance to complete their lesson.

Each candidate:

3. Will be required to prepare three copies of a basic lesson-plan (see Appendix E), one copy to be given to each examiner and one copy to the tutor just before the start of the lesson. (The lesson plan should be based on the assumption that the class has done warm-up exercises.)
4. Is required to teach the basic step as a first lesson in that step, even though it may be familiar to the class.

5. May make brief reference to the lesson plan, instructions for the 16 bars and the music during the lesson.
6. Should assume that the step, formations and their linkage are to be taught as a first lesson.
7. Will be informed of the step and formations they will be required to teach. In the case of:
  - a residential course:
    - candidates attending a Unit 3 course at the residential venue will receive their assignment approximately 24 hours before the examination
    - external candidates attending another course at the same residential venue will receive their assignment approximately 24 hours before the examination
    - external candidates not attending a course at the same residential venue will receive their assignment approximately 72 hours before the examination
  - a non residential course
    - candidates attending a Unit 3 course at a non-residential venue will receive their assignment approximately 72 hours before the examination
    - external candidates joining an examination session at a non-residential venue will receive their assignment approximately 72 hours before the examination

### Assessment

1. The assessment will be carried out by two examiners with the tutor being involved in the discussion. The final result will be determined by the examiners

Each candidate:

2. must show a standard of personal dancing proficiency to be able to demonstrate satisfactorily.
3. must be able to teach and demonstrate any of the steps and a combination of at least two of the formations listed in Appendix C.
4. is allowed to refer, briefly, to textbooks during the practical teaching.

### Results

1. The result of the examination will normally be sent out by RSCDS Headquarters within 6 weeks of the date of the examination.
2. Assessment form
  - The original assessment form will be sent to the candidate.
  - a copy will be retained at Headquarters.
  - a copy marked confidential will be sent to the tutor
3. To avoid any breach of confidentiality, results will not be given out over the telephone.

### Re-sits

1. A candidate who fails the Unit may re-sit the examination after 6 months, during which time he/she should aim to improve the required skills.
2. A candidate who fails this Unit twice shall not be eligible to re-sit before a further 12 months have elapsed and must have attended a further course of training.
3. No candidate may enter for this Unit more than 3 times.

## TEACHING CERTIFICATE PART 2

This Part may be taken only by candidates who hold the Teaching Certificate Part 1. There will be feedback in the form of a written assessment of Unit 4 and a practical examination for Unit 5. For Unit 4, candidates must submit their *Record of Teaching Practice*, which must be in English, no later than 6 months before the date of the examination for Unit 5. See the "*Guidelines for Preparation of the Record of Teaching Practice, X4-05*" on the RSCDS website,

Although there is no pass/fail result for Unit 4, the examiner may require re-submission of the *Record of Teaching Practice* before being able to make the assessment. Where re-submission is necessary, the candidate may still proceed to take the examination for Unit 5. However, Teaching Certificate Part 2 will not be awarded until the formal written assessment of Unit 4 has been completed and a pass in Unit 5 has been gained. If a candidate passes Unit 5 but re-submission of Unit 4 is required, no more than 1 year may elapse before the written assessment is completed.

### UNIT 4 - Teaching Practice

This unit requires candidates to:-

1. Take responsibility for planning and delivering a series of lessons to a class or classes.
2. Record and evaluate some of the lessons in detail.
3. Submit their Record of Teaching Practice for assessment.

The candidate must undertake teaching practice during the period between passing Unit 3 - Teaching Level 1 and entering the training course for Unit 5 - Teaching Level 2, and submit a Record of Teaching Practice. See X4-05, Guidelines for Preparation of the Record of Teaching Practice, on the RSCDS website.

Candidates may start to gather evidence for Unit 4 immediately after passing Unit 3 but must consult an experienced RSCDS-qualified teacher as a mentor before starting work for this Unit. After passing the Teaching Certificate Part 1, a candidate should, where possible, regularly attend an advanced or general class and attend weekend and/or day schools. Under the guidance of an experienced and fully qualified teacher of Scottish country dance, he/she must gain experience of teaching Scottish country dance in Branches, Affiliated Groups, schools, clubs or other organisations. Candidates should keep detailed, accurate records of the classes they teach so they can compile their Record of Teaching Practice for submission for Unit 4.

The candidate must have an experienced RSCDS-qualified teacher as a mentor during this period. Ideally the mentor will visit a class run by the candidate at least twice during the period of teaching practice. The mentor should be available by e-mail or telephone to discuss and advise on teaching practice throughout this period. The amount and nature of the contact will depend on circumstances and can be negotiated between the candidate and the mentor. Candidates, with the help of Branches, will be responsible for identifying mentors and making the necessary arrangements. In exceptional circumstances where such an arrangement presents difficulty, candidates should contact RSCDS Headquarters. Please refer to the extensive information and forms available on the RSCDS website for mentors and potential mentors, and the process of mentoring.

### Conditions of Entry to the examination

1. The candidate must be over 18 years of age at the date of the examination for Unit 5-Teaching Level 2.



2. The candidate must be a member of the Society, and have passed the Teaching Certificate Part 1.
3. A minimum of 12 months must have elapsed between a candidate gaining Teaching Certificate Part 1 and submitting the *Record of Teaching Practice* for Unit 4.
4. No longer than 10 years may have elapsed between a candidate gaining Unit 2 of Teaching Certificate Part 1 and submitting the Record of Teaching Practice for Unit 4.

#### Assessment

1. The *Record of Teaching Practice* must be the candidate's unaided work with a statement to this effect signed by the candidate.
2. Using the appropriate form, the mentor must provide written confirmation that appropriate consultation has taken place.
5. The Record of Teaching Practice, along with the mentor's signed form, must be submitted by the candidate to RSCDS Headquarters no later than 6 months prior to the date of the examination for Unit 5 - Teaching Level 2.
6. Assessment will be in the form of written comment, which will cover the strengths of the candidate and suggest targets for improvement.
7. The Record of Teaching Practice will be assessed by one examiner.

#### Results

1. There is no pass/fail result for this Unit.
2. RSCDS Headquarters will send out the formal written assessment by the examiner no later than 3 months in advance of the date of the examination for Unit 5.
3. It is intended that the candidate will use this evaluation to work on improving any aspects of his/her teaching which may require attention during the three months preceding the examination for Unit 5.
4. Candidates are required to show their whole Unit 4 Record of Teaching Practice and a copy of the examiner's written assessment to their Unit 5 tutor.

#### Re-submission

A candidate whose *Record of Teaching Practice* does not contain (a) a one page summary of all classes taught, and (b) a detailed review of a series of lessons, as listed in X4-05, will be asked to amend the *Record of Teaching Practice* and re-submit it within 1 year, during which time the candidate should ensure that the detailed Review meets the criteria listed. Only in exceptional circumstances will a candidate be asked to re-submit a new set of lesson plans.

#### Review

1. No candidate may submit this Unit more than three times.
2. A candidate who is unable to submit the Record of Teaching Practice by the required date due to illness or other emergency after he/she has paid the examination fee should contact Headquarters within 2 weeks of that date to request alternative arrangements or to apply for a refund.
3. For guidance on the format of the Record of Teaching Practice, see X4-05 on the RSCDS website

## UNIT 5 – Teaching Level 2

There will be classes to prepare candidates undertaking this Unit. The course, which should be a minimum of 25 hours, may be run by Branches or at Schools. Where a mixed level course is being run, covering both Units 3 and 5, the length of the course should be a minimum of 35 hours. There should be a maximum period of four weeks between the end of the Unit 5 examination course and sitting the Unit 5 examination.

It is advised that after passing the Teaching Certificate Part 1 a candidate regularly attends an advanced or general class and, where possible, attends weekend and/or day schools. Where possible, under the guidance of an experienced and fully-qualified teacher of Scottish country dance, he/she should gain experience of teaching Scottish country dancing in Branches, Affiliated Groups, schools, clubs or other organisations. Brief details of all classes taught since passing Teaching Certificate Part 1 should be given in the application for the course preparing for this Unit. A copy of the one page summary from part (a) of the *Record of Teaching Practice* is sufficient.

A copy of the whole Unit 4 *Record of Teaching Practice* and the examiner's written assessment should be provided by the candidate to the tutor for Unit 5 on request.

### Syllabus

Candidates must show in their teaching:

- a) knowledge – steps and formations with relevant teaching points. The formations, as listed in Appendix D, are listed in the RSCDS Manual, current edition, Chapters 5 and 6.
- b) planning – an ability to construct a suitable lesson
- c) observation – an ability to recognise a dancer's strengths and difficulties, to analyse his/her faults and to give appropriate coaching
- d) presentation – an ability to demonstrate steps, formations, good pace and continuity in teaching the prepared lesson
- e) class management – an ability to organise the class quickly into suitable groupings for technique and formation practice
- f) good use of music – an ability to request appropriate music for step practice, to guide the musician, where necessary, regarding tempo or to select appropriate recorded music
- g) good use of voice – an ability to vary the tone, pitch and pace and to coach through the music by numbers or words
- h) rapport – confidence, poise and ease of manner

At the time of applying for the course candidates will be given a copy of the Assessment Form which will be used by the examiners for the assessment.

### Conditions of Entry to the examination

1. A candidate must be over 18 years of age at the date of examination.
2. The candidate must be a member of the Society, and have passed the Teaching Certificate Part 1.
3. A minimum of 24 months must have elapsed between a candidate's gaining the Teaching Certificate Part 1 and taking the Unit 5 examination.
4. No longer than 10 years may have elapsed between a candidate gaining Unit 2 of Teaching Certificate Part 1 and taking the Unit 5 examination.

A candidate must have attended at least 20 hours of a recommended minimum 25-hour training course for this Unit or in the case of a mixed level course must have attended for at least 30

hours of a recommended 35-hour training course. When candidates sit the examination other than at a School, the course should preferably be spread over a period of weeks.

5. A copy of the whole Unit 4 *Record of Teaching Practice* and the examiner's written assessment should be provided by the candidate to the tutor for Unit 5 on request.

### Conduct of the Examination

Each candidate:

1. Will be given a dance from an RSCDS publication, chosen by the examiners, to be taught to a minimum of 16 dancers for a period of 30-40 minutes.  
NB: Candidates should aim for a 35 minute lesson. It is recognised that those teaching in strathspey tempo or main formations requiring three couples will require some of the additional time allowance to complete their lesson.
2. Will be required to prepare three copies of a lesson plan (see Appendix E), one copy to be given to each examiner and one to the tutor just before the start of the lesson. (The lesson plan should be based on the assumption that the class has done warm-up exercises.)
3. May make brief reference to the lesson plan, dance instructions and the music during the lesson.
4. Should assume that the dancers in the class have previous experience of Scottish country dancing.
5. Will be informed of the dance he/she will be required to teach. In the case of:  
a residential course
  - candidates attending a Unit 5 course at the residential venue will receive their assignment approximately 24 hours before the examination
  - external candidates attending another course at the same residential venue will receive their assignment approximately 24 hours before the examination
  - external candidates not attending a course at the same residential venue will receive their assignment approximately 72 hours before the examination

#### a non residential course

- candidates attending a Unit 5 course at a non-residential venue will receive their assignment approximately 72 hours before the examination
- external candidates joining an examination session at a non-residential venue will receive their assignment approximately 72 hours before the examination

### Assessment

The assessment will be carried out by two examiners with the tutor involved in the discussion. The final result will be determined by the examiners

Each candidate:

1. Must show a standard of personal dancing proficiency to be able to demonstrate satisfactorily.
2. Must be able to follow any assigned RSCDS dance and teach it to a class. See Appendix D for the list of possible formations in the assigned dances.

### Results

1. The result of the examination will normally be sent out by RSCDS Headquarters within 6 weeks of the date of the examination.
2. Assessment form
  - The original assessment form will be sent to the candidate.
  - a copy will be retained at Headquarters.

- a copy marked confidential will be sent to the tutor
3. To avoid any breach of confidentiality, results will not be given out over the telephone.

#### Re-sits

1. A candidate who fails this Unit may re-sit the examination after 6 months, during which time he/she should aim to improve the required skills through additional teaching practice.
2. A candidate who fails the Unit twice shall not be eligible to re-sit before a further 12 months have elapsed and must have attended a further course of training.
3. No candidate may enter for this Unit more than 3 times.
4. A candidate who is unable to take the examination due to illness or other emergency after he/she has paid the examination fee may apply for a refund within 2 weeks of the event.

## APPENDIX A

### Unit 1 Examinable areas of the Manual Third Edition May 2013

Revised July 2023

Sections *included* in the Unit 1 Examination:

Ch 1: The Scottish Country Dance: Historical Background: All sections

Ch 2: The RSCDS: All sections

Ch 3: The Scottish Country Dance: All sections

Ch 4: Use of music in teaching dance: include:

4.1: Choice of music for dancing

4.5: Music for step practice: be able to name a tune suitable for use when teaching each of the 5 main steps

4.6: Types of tunes used for dancing. In particular, be able to:

- name the different types of reels, jigs and strathspeys
- name a tune or dance whose lead tune is an example of each type of reel, jig and strathspey

4.7: Musical elements affecting the dance: all EXCEPT 4.7.4: *exclude* for exam purposes the metronome table on page 5

4.8: History and references: All up to, but not including, Publishing and Composition section on page 62

Be able to:

- name main instruments used
- name two players / composers from 18th and 19th centuries
- name two players / composers from 20th century

Ch 5: Steps

*Includes introductory paragraph and these steps:*

5.1	Travelling steps
5.2	Setting steps
5.3	Foot positions
5.4.1	Skip change of step
5.4.2	Pas de basque
5.4.3	Slip step
5.5	Strathspey steps
5.5.1	Strathspey travelling step
5.5.2	Strathspey setting step

This list *excludes* running step, polka step, pas de basque coupé, pas de basque and points, highland schottische, Glasgow Highlanders step, and all sections of 5.6 on transitions between steps and changes of feet.

Ch 6: Hands and Handing: all sections

Ch. 6: Formation section: All formations are included except for those exclusions listed below.

Ch 8: Essential skills and further advice: only section 8.1, General Advice to Teachers, is included.

**The following formations are EXCLUDED from Unit 1:**

Allemande	6.2	6.2.3; 6.2.4; 6.2.5; 6.2.6; 6.2.7; 6.2.8
Bourrel	6.5	6.5.2
Chain formations	6.7	6.7.10; 6.7.11; 6.7.12
Corner formations	6.8	6.8.2; 6.8.4; 6.8.7
Crown triangles	6.10	
Espagnole	6.12	
Hands across	6.14	6.14.6
Hands round	6.16	6.16.3
The knot	6.17	6.17.3.1; 6.17.3.2
La baratte	6.18	
Poussette (in reel or jig time)	6.21	6.21.2, 6.21.3, 6.21.4, 6.21.5, 6.21.6, 6.21.7
Poussette (in strathspey time)	6.22	6.22.3
Reel of four	6.24	6.24.8; 6.24.9; 6.24.10; 6.24.11
Reel of three	6.25	6.25.11; 6.25.12
Rights and lefts	6.26	6.26.5
Set and rotate	6.30	6.30.2
The spiral	6.31	
The spoke	6.32	
The spurtle	6.33	
The swirl	6.35	
The targe	6.36	
The tourbillon	6.37	

Candidates are encouraged to mark these exclusions in their own copy of the Manual.

## APPENDIX B

### Prescribed Dances For Unit 2 as of 2023

#### Reels

Duke of Perth	Book 1
General Stuart's Reel	Book 10
The Westminster Reel	Book 45
Summer Wooing	Book 38

#### Jigs

The Starry Eyed Lassie	Book 23
Miss Hadden's Reel	Book 23
Mrs. Stewart's Jig	Book 35
Rodney's Rant	Diamond Jubilee Collection

#### Strathspeys

Alltshellach	Book 23
Miss Gibson's Strathspey	Leaflet
Mrs. Hamilton of Wishaw	Book 23
Village Reel	Book 20

Booklet of these dance instructions is available on the RSCDS website here:

[https://rscds.org/sites/default/files/unit\\_2\\_prescribed\\_dances.pdf](https://rscds.org/sites/default/files/unit_2_prescribed_dances.pdf)

## APPENDIX C

### Unit 3 ~ Formations for inclusion in assignments

Numerical references are to the relevant sections in Chapter 6 of the RSCDS Manual 3<sup>rd</sup> Edition May 2013.

Please note that *only* those sections listed are required.

Advance and retire	6.1	6.1.1; 6.1.2
Allemande	6.2	6.2.1; 6.2.2
Back to back	6.3	
Balance in line	6.4	
Casting	6.6	6.6.1; 6.6.2; 6.6.3; 6.6.4; 6.6.5; 6.6.6; 6.6.7; 6.6.8; 6.6.9; 6.6.10
Chain formations	6.7	6.7.1; 6.7.2; 6.7.5
Corner formations	6.8	6.8.5; 6.8.8; 6.8.9
Cross over	6.9	6.9.1;
Double triangles	6.11	
Figure of eight	6.13	6.13.1; 6.13.2; 6.13.3
Hands across	6.14	6.14.1; 6.14.3; 6.14.4; 6.14.5
Hands round and back (in reel and jig time)	6.15	6.15.1; 6.15.2
Hands round (in strathspey)	6.16	6.16.1; 6.16.2
Knot	6.17	6.17.1
Lead down the middle and up	6.19	6.19.1; 6.19.2
Petronella turn	6.20	
Poussette (in reel and jig time)	6.21	6. 21.1
Promenade for three couples	6.23	6. 23. 2
Reels of three	6.25	6.25.1; 6.25.5; 6.25.8; 6.25.9
Rights and lefts	6.26	6.26.1; 6.26.2
Set and link	6.28	6.28.1 sidelines only
Setting in line	6.29	
Stepping up and down	6.34	6.34.1; 6.34.2
Turns	6.39	6.39.1; 6.39.2; 6.39.3; 6.39.4



## APPENDIX D

### **Unit 5 ~ Formations for inclusion in assignments**

Numerical references are to the relevant sections in Chapter 6 of the RSCDS Manual 3rd edition May 2013. Please note only sections listed below are required for the Unit 5 assignments. Tutors are expected to cover all the formations listed below during the Unit 5 course.

Additional formations, which are described in the Manual and examinable for Unit 1, may be included in the Unit 5 coursework at the tutor's discretion.

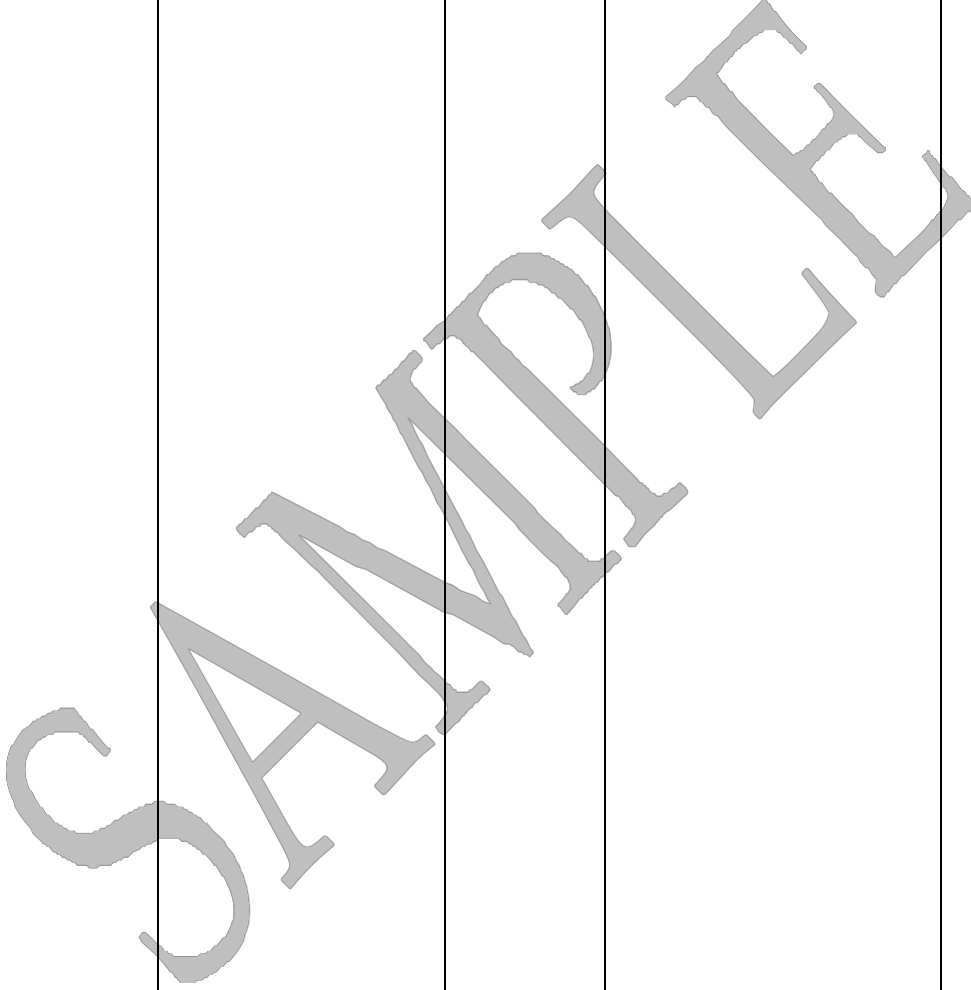
Advance and retire	6.1	6.1.1; 6.1.2
Allemande	6.2	6.2.1; 6.2.2
Back to back	6.3	
Balance in line	6.4	
Casting	6.6	6.6.1; 6.6.2; 6.6.3; 6.6.4; 6.6.5; 6.6.6; 6.6.7; 6.6.8; 6.6.9; 6.6.10
Chain formations	6.7	6.7.1; 6.7.2; 6.7.5
Cornerformations	6.8	6.8.5; 6.8.6; 6.8.8; 6.8.9
Cross over	6.9	6.9.1; 6.9.2
Double triangles	6.11	
Figure of eight	6.13	6.13.1; 6.13.2; 6.13.3; 6.13.4
Hands across	6.14	6.14.1; 6.14.3; 6.14.4; 6.14.5; 6.14.7
Hands round and back (in reel and jig time)	6.15	6.15.1
Hands round (in strathspey)	6.16	6.16.1; 6.16.2; 6.16.3; 6.16.5
The Knot	6.17	6.17.1
Lead down the middle and up	6.19	6.19.1; 6.19.2
Petronella turn	6.20	
Poussette (in reel and jig time)	6.21	6.21.1
Poussette (in strathspey time)	6.22	6.22.1; 6.22.2
Promenade	6.23	6.23.1; 6.23.2; 6.23.4; 6.23.5
Reels of four	6.24	6.24.2; 6.24.4; 6.24.5; 6.24.6
Reels of three	6.25	6.25.1; 6.25.2; 6.25.3, 6.25.5; 6.25.6; 6.25.7; 6.25.8; 6.25.9; 6.25.10
Rights and lefts	6.26	6.26.1; 6.26.2; 6.26.3; 6.26.4
Rondel	6.27	
Set and link	6.28	6.28.1; 6.28.2
Setting in line	6.29	
Set and rotate	6.30	6.30.1
Stepping up and down	6.34	6.34.1; 6.34.2
Turns	6.39	6.39.1; 6.39.2; 6.39.3; 6.39.4

**APPENDIX E**

Some possible lesson plan templates.

**Sample A (suitable for Units 3 and 5)**

Name: \_\_\_\_\_ Date/Time: \_\_\_\_\_ Class/Level: \_\_\_\_\_

Step/Formation/Dance	Class Arrangement	Activity	Teaching Points	Music
				

**Sample B (suitable for Units 3 and 5)**

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_ Date/time \_\_\_\_\_

Aims

Lesson	Activities	Music	Teaching Points	Comments
Technique				
Skills Practice/s				
Formation/s				
Dance/s				

SAMPLE

### **Sample C Lesson Plan suitable for Unit 4**

Level of class:

Number of lesson (in 6 hours ):

Date:

Duration of class:

Aim of lesson:

( Warm up / cool down~ include this in the Introductory part of the Detailed review under features common to all lessons'.)

<u>Lesson</u>	<u>Activities/Tasks</u>	<u>Teaching points</u>	<u>Use of music</u>	<u>Assessment of class</u> (From your observation of activities and responses.)
Step / technique exercises				
Exercises to improve skills used in formations				
Teaching or Improving Formations				
Name of dance, Dance analysis and presentation				
<u>Self Assessment</u> (Own strengths and weaknesses in lesson. What changes you think need to be made.)				

Construct your own sheets, with sufficient spacing under each heading to accommodate all the information required.