

Year 9 Dance Homework Booklet

Autumn Term



NAME:.....

Week 1

What is Dance?

Dancing is always done to music?

True or False

You need a partner to dance?

True or False

The first ballet dancers were men?

True or False

In order to dance you need special dance
Clothes and special training?

True or False

You have to be thin to dance?

True or False



Only one of the above statements are true;

'The first ballet dancers were men'

Originally women stood on the side-lines to admire the male dancers' grace and agility. Ballet is just one of the numerous dance styles', every culture has its own dances and makes its own rules about what will be considered dance and who may be a dancer. Over the last twenty years there have major changes in what is accepted as dance. You probably have a few ideas about what dance is.

Task: Answer the following questions

◆ If you had to explain dance to someone who had not heard of dance, what would you say?

◆ How would you describe why people dance?

◆ What would you say dance is for?

◆ How would you describe what a dancer looks like?

◆ Where would you say dance takes place?

◆ Do you see yourself as a dancer?

◆ Why do you dance or why do you not dance?

◆ Why did you choose Dance?

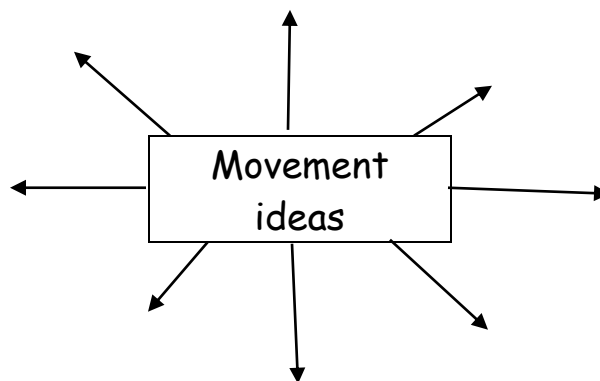
Week 2

Task: Bring in a picture that you think would make an interesting starting point for a piece of dance.



Task: Write a paragraph explaining why you have selected your chosen picture. Can you use the picture to think of a story/idea to communicate to the audience? Explain your idea:

Can you use your chosen picture to generate movement ideas? Write as many movement ideas as you can in the space below.



Week 3

Task: Rehearse your dance for assessment next lesson.

Task: Set yourself 3 targets for dance lessons this year.

- 1.
- 2.
- 3.

Task: Write a paragraph about your best dance performance and why it was so effective.

Week 4

Performance review

Task: Review your performance for your baseline choreography assessment

WWW_____

EBI_____

Task: Complete **DANCE SKILLS AUDIT** 1 is the lowest score, 10 is the highest.

evaluate your skills in <u>rehearsal</u> .	1	2	3	4	5	6	7	8	9	10
I feel confident in putting ideas forward										
I regularly give ideas to the group										
My ideas are original ones										
I can accept + act on advice and criticism										
I show effective leadership skills										
I show effective communication skills										
I am co-operative										

Now set yourself 2 targets to improve your skills in this field.

- 1. _____
- 2. _____

evaluate your skills in performance.	1	2	3	4	5	6	7	8	9	10
I can use my technical skills effectively to execute movement										
I can use my physical skills to accurately perform action/space/dynamics										
I perform with confidence										
I can communicate to the audience the theme of a dance using my expressive skills										
I am sensitive to others during performance										
I am able to perform with good timing										
When I am on stage I am focused and committed										
I am able recall movement sequences easily using my mental skills										

Now set yourself 2 targets to improve your skills in this field.

1. _____
2. _____

evaluate your skills in evaluation.	1	2	3	4	5	6	7	8	9	10
I feel confident when evaluating the performances of others										
I can evaluate my own work effectively										
I am able to set myself targets to improve										
My written work is accurate and detailed										

Now set yourself 2 targets to improve your skills in this field.

1. _____
2. _____

Week 5

Part of learning dance is being open to learning new movement patterns and new ways of doing things.

Research how many different types of dance styles can you find?



Dance Styles

Weeks 6 and 7

Task: Dance styles project. You must choose 4 styles of dance to research. 1 of these must have originated from the United Kingdom and 3 from the rest of the world.

The four styles of dance I have chosen to research are:

1. _____
2. _____
3. _____
4. _____

My reasons for choosing these styles are:

For each style you must find out the following:

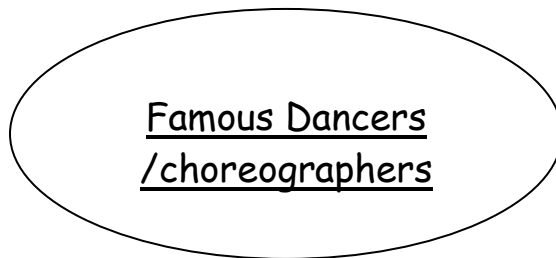
- ◆ Which country does this come from?
- ◆ For how long has this style been used?
- ◆ Is this style still used today?
- ◆ Why did this style of dance begin? - What was it originally used for?
- ◆ What is the traditional costume for this dance?
- ◆ Has the costume changed over time?
- ◆ What type of music is traditionally used alongside the dance?
- ◆ Do the dancers use any props?
- ◆ Is the dance performed alone or in a group?
- ◆ Can the dance style be performed by men and women?
- ◆ Where can you do each of these styles in your local area?

Your dance styles project must include:

- A front cover (with your name and form on)
- Pictures of the dance style and costume
- A summary stating which of the styles you like best.
- Reference page - where did you get your information from
- Contents page
- 2 sides of A4 for each style of dance

Weeks 8 and 9

Task: How many famous dancers/choreographers can you name?



The dancer I have chosen to study is:

Why did you choose this person?

What is it that makes this person 'famous'?

You must find out the following about this person:

- ❖ When and where were they born?
- ❖ For how many years have they danced?
- ❖ Where did they train to dance?
- ❖ What styles of dance do they do?
- ❖ What famous musicals/dances/films have they been in?
- ❖ Do they have their own dance company
- ❖ When and where is this person performing in the near future?

Task: When you have collected all the above information you are to put it into a power point presentation that you will give to the rest of the group. Use images/footage to add interest.

Oracy is a classical art. Students often mistake oracy for 'doing a speech' being a true orator is more than that; it is mastering language that benefits a place of work; and of course school is one of those places.

Top TIPS!

- Make sure you can look at your audience rather than read from the power point.
- It's a good idea to create flash cards as a reminder of what you want to say.
- Practice your presentation.

The date for this will be finalised in lesson.

Week 10
Warm up and Cool down

Why do you think it is important to warm up?

What are the 3 stages of a warm up?

- 1.
- 2.
- 3.

Give an example of an activity you would do in each stage of an effective warm up

- 1.
- 2.
- 3.

Why do you think it is important to cool down?

What are the 3 main reasons to why we cool down?

- 1.
- 2.
- 3.

Give an example of an activity you would do in an effective cool down

Week 11

Performance review

Task: Review your performance for your baseline technique assessment

WWW _____

EBI _____

Task: Update your Dance skills audit on pages 5 and 6 (use a different colour pen). Set yourself three targets to achieve next term

Rehearsal target

Performance Target

Evaluation Target

Week 12

Preventing Injuries

There are two different types of sports injury which are caused by **over use** of the body and the **sudden stress** on the body.

Task: Research how can dancers help prevent injury? Write your findings in the space below:

Treatment for injuries

Task: Name what each letter stands for below and explain why each of the treatments are important for recovery

R

Importance _____

I

Importance _____

C

Importance _____

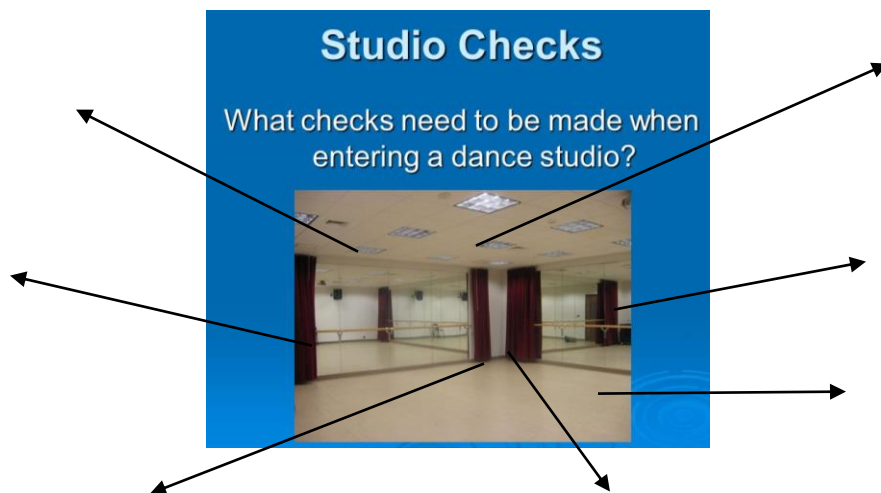
E

Importance _____

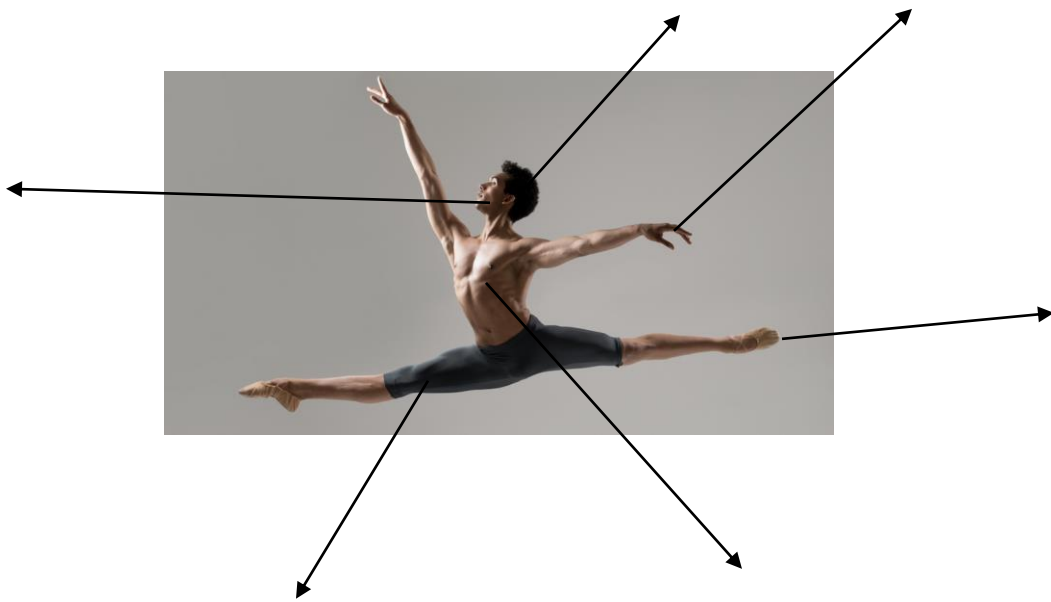
Week 13

Safety in the dance space

Task: Mind map the safety checks that need to be made before you start a dance class or rehearsal in the space below



Task: Now consider what do you need to do/consider as a dancer for your own personal safety?



Subject Specific Knowledge for Revision

Motif

A phrase of movement that can be repeated or developed and communicates the Intention of the piece

Stimuli

Inspiration for an idea or movement. The starting point on which the choreography is based.

Choreographic intention

The aim of the dance. What the choreographer aims to communicate, and what they want you to understand from the dance

Contemporary dance

Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet.