

Episode 1

Safe Dance Practice

You will need to demonstrate that you can:

- Work safely in a practical subject
- Dress in the correct attire each lesson for safety reasons and personal hygiene.

- PE top or a black t-shirt
- Leggings, shorts or joggers
- Socks- preferable grip socks like for trampolining
- Clean trainers

Episode 1

Audition



An audition in dance is a performance showcasing your skills and talent as a dancer. This is held in front of a panel who then make the decision whether or not you are suitable for the job. In an audition you may have to prepare a dance routine, learn one on the day or participate in a range of dance workshops. To get jobs as a performer in the Performing Arts industry, you will have to attend an audition process.

Episode 2



Timeline of Dance Eras

- 20's- The Jazz Age
- 30's- The Swing Era
- 40's- Ballroom Dancing
- 50's- Rock and Rock Revolution
- 60's- The Swinging Sixties
- 70's- Disco Fever
- 80's- Breakdancing and MTV
- 90's- Line Dancing and Rave Culture
- 2000's- Dance-Pop and Viral Moves
- 2010's- The Era of Dance Challenges
- 2020's- TikTok and Beyond



Year 8 Subject: Dance

Episode 2

Key Terminology

Alignment- Correct placement of body parts in relation to each other.

Balance- A steady or held position achieved by an even distribution of weight.

Coordination- The efficient combination of body parts.

Facial expression- Use of the face to show mood, feeling or character.

Extension- Lengthening one or more muscles or limbs.

Flexibility- The range of movement in the joints (involving muscles, tendons and ligaments).

Movement memory- The automatic recall of learned movement material, without conscious thought.

Posture- The way the body is held.

Musicality- The ability to make the unique qualities of the accompaniment evident in performance.

Timing- The use of time or counts when matching movements to sound and/or other dancers.

Episode 3

The Gobstoppers

The section of 'the gobstoppers' is from the sweetie land section in the production of The Nutcracker by Matthew Bourne.



Episode 3

Key Terminology

Actions- What a dancer does eg travelling, turning, elevation, gesture, stillness, use of body parts, floor-work and the transference of weight.

Accumulation- When a dancer performs a series of movements and others join in at different times until all perform in unison.

Canon- When the same movements overlap in time.

Dynamics- The qualities of movement based upon variations in speed, strength and flow.

Formations- Shapes or patterns created in space by dancers.

Levels-Distance from the ground: low, medium or high.

Sensitivity to other dancers- Awareness of and connection to other dancers.

Space-The 'where' of movement such as levels, directions, pathways, shapes, designs and patterns.

Episode 1

Preparation for your dance class

Check list:

1. Know when you have dance on your timetable.
2. Pack your correct kit the night before which consists of your PE t-shirt, leggings/shorts or joggers and clean trainers.
3. Anyone with long hair needs it out of the face, please bring a bobble or tie your hair up on the day of dance.
4. Pack a water bottle to keep up your hydration levels.
5. Bring a positive mindset that is willing to try new things.

Episode 1

Rehearse your baseline dance

1. If you remember the steps and movements, have a practise at home to improve your confidence in knowing the dance as well as perform to your family.
2. Ask your dance teacher to come in at break or lunch time to use the facilities to practise your dance by yourself or with some of your class.

Episode 2

Evolution of Dance

Can you see how dance has changed through the different eras? You may even know some of the iconic dance moves and music. Here are two different videos to show you...



Year 8 Subject: Dance

Episode 2

Question	Answer
In order to improve your movement memory what must you do?	Concentrate and focus on the learning process, especially if you find it hard to pick up dance steps and movements. Practising (rehearsing) in your own time will then improve even more as you are using the tool of repetition.
How do you show the different stylistic qualities through the different styles/eras of dance?	Not only is it clear through the actual steps and movements but also the dynamics, the way you move. Another way is through the use of facial expression. Another obvious element is the music and it is very important for a dancer to connect to the music as the dynamics and expressions will then interlock together.

Episode 3

Video of The Gobstoppers

Watch and get inspiration for your choreography. Remember you are creating your own version of this work but keeping the same characteristics.



Episode 3

Learn some of the actual choreography:

Here is a video of a tutorial of the actual choreography which has been adapted slightly. This will be good to learn some new movements which you could add to your own creation.

