

## 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

### Stretching

After a warm-up it is important to stretch your muscles to prepare your body for a dance class. Stretching also improves the ability to become more flexible and perform more challenging movements. You should hold a stretch between 15-30 seconds and the exercise should be repeated 2-3 times. To make good progress repeating stretches 2-3 times a week will show improvement.



## Year 7 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.

**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.

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

## Episode 3

### Contemporary and Lyrical Dance Style

Contemporary and lyrical dance are two separate styles however for our project we merge the styles together.

#### **Lyrical Dance:**

The main element is the storytelling and emotional connection it has with the music. The choreography is connected to the lyrics to portray a meaning/story of the dance routine.

#### **Contemporary Dance:**

Focuses on a fusion of techniques from different styles of ballet, jazz and modern dance. Contemporary dance also uses pedestrian movements which means everyday actions such as walking and reaching.



## 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.

**Canon-** When the same movements overlap in time.

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

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

**Formations-** Shapes or patterns created in space by dancers.

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

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

**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.

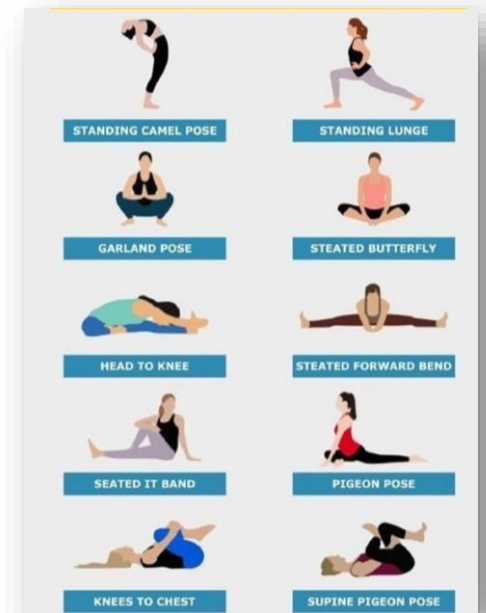
## Episode 1

### 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

### Practise stretching at home to improve flexibility



## Year 7 Subject: Dance

## Episode 2/3

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.
To improve your hip and leg flexibility, what type of stretches can you do and how long for?	Stretches such as lunges and then gradually increase the depth of the lunge. Another stretch would be sat in second position on the floor, and reach towards the toes, maintain a good posture, knees facing the ceiling and keeping the legs straight. Hold each stretch between 15-30 seconds, and repeat 2-3 times.

## Episode 3

### Online tutorial videos



Tutorial 1



Tutorial 2



Tutorial 3



Tutorial 4-  
Challenge