

KS3 DANCE

Aim: To understand how to create, perform and evaluate a piece of dance in response to a stimulus

Create

Key skills required to be a successful dancer and choreographer

Team work, communication, focus and commitment, patience, respect and tolerance, listening skills, independence, positive attitude

Actions	Space	Relationships	Dynamics
<u>WHAT</u> are we performing? This is the range of movement in your dance piece All dance actions fit into one of the following categories: jumps, turns, travels, balances, stillness and transfer of weight Examples of actions: kicks, rolls, spins, leans, falls, leaps, runs, swings, twist, crouch, etc	<u>WHERE</u> are we dancing? This focuses on how you use the space effectively Directions-forwards, backwards, stage left, stage right, diagonal Levels-low, medium, high Pathways-zig zag, circle, linear, wavy Group formations-straight line, triangle, 2 vs 2, arrowhead, etc	<u>WHO</u> are we performing with? This is who you are performing with including how many people are in your group Solo-1 dancer Duet-2 dancers Trio- 3 dancers Quartet- 4 dancers Quintet- 5 dancers Unison- all together at the same time Canon-one after another Contact-making connections with different parts of the body Mirroring-creating a true reflection of another person's actions Questioning and answer-a conversation through movement Lead and follow-one person performs a sequence and the rest of the group copies it afterwards	<u>HOW</u> are we performing? This is how you perform each movement (i.e. the SPEED and ENERGY) Slow, fast, smooth, sharp, jerky, effortless, hard, strong, weightless, aggressive, powerful, free-flowing, soft, graceful, quiet, calm, and sudden. Dynamics are like punctuation in a sentence and are used to create impact and interest in a dance piece

You need to use ALL the building blocks of dance to create a successful piece of dance no matter what style you are studying!

Perform

Performing is how you express the intention of the dance/dance idea (through physical actions and emotions)

100%

It's important when you are performing to engage with the audience so they can understand your dance piece clearly. You can do this effectively by,

- Using your eyes and directing your focus
- Using facial expressions
- Playing a character
- Giving 100% effort and energy

Dance skills required for a challenging performance include:

Accuracy, control, stamina, good dance technique, precision, timing, coordination, stamina, exaggeration, confidence, commitment, musicality, dynamics



Preparing for a performance

- rehearse the dance slowly without music
- use the mirrors to check spacing and dance accuracy
- ask for teacher or peer feedback
- one at a time watch your group performing
- perform the dance on your own to see if you know the steps

Good performance skills

Spatial awareness-Good dancers know how to use space effectively and perform without bumping into others and using their peripheral vision to keep in time when working as a group

Projection-Good dancers can project their performance energy outwards to the whole audience so it captures their interest
Use of focus and eye line-Good dancers use their eyes effectively when performing and look to certain areas of the space

Characterisation-Good dancers are able to show facial expressions and emotions through their bodies to help tell a story or express a feeling

Commitment-Good dancers show commitment and focus all the way through the performance never breaking character

Energy-Good dancers can maintain high energy levels throughout the performance and appear as if they are not tired

Adaptability-Good dancers can react professionally when things go wrong during performances so that mistakes are covered

Confidence-Good dancers perform with energy and enthusiasm and demonstrate this to the audience throughout their performance

Exaggeration-Good dancers perform every movement to its' fullest at 100% energy

Listening skills-Good dancers can hear the beats of the music and keep in time

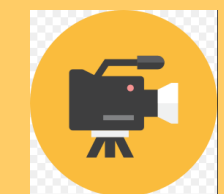
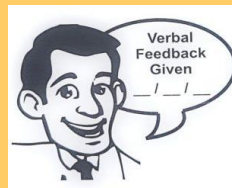
Evaluate

Evaluating is being able to watch a dance and make appropriate comments on WWW and EBIs, providing specific examples to support your opinions.



When watching dance there's lots of aspects to focus on that you can make comments about including the choreography, performance aspects, individuals that stood out and any highlights in the dance piece that you remember seeing.

Ways of being assessed in dance



- Did the group perform the dance well?
- Did the group/individuals focus throughout the dance?
- Did the group maintain good timing throughout?
- Did the choreography allow each member of the group to showcase their skills?
- Was the choreography challenging enough? How could it have been made more difficult?
- Did the group exaggerate their actions?
- Did the group include focus points in their dance? Could they have been more effective?
- What was the most successful part of their performance?
- What was the least successful part?
- Did the group/individuals perform the movement showing accuracy and precision?
- Did the dance reflect the given theme?
- Did the group use all of the key components of dance: actions, space, relationships and dynamics?

Dance terminology

- **Accuracy**-performing the movement correctly
- **Balance**-being able to hold positions over a certain point (i.e. standing on one leg)
- **Control**-being able to change direction and dynamics easily (i.e. being able to stop quickly after running around)
- **Coordination**-moving more than one body part together at the same time
- **Exaggeration**-being able to perform the movements to their fullest
- **Precision**-being able to perform the movement in fine detail
- **Stamina**-being able to keep going for longer
- **Technique**-being able to perform a dance sequence with strong dance ability
- **Timing**-keeping to the music when performing
- **Movement memory**-being able to remember a dance piece or sequence or a prolonged period of time
- **Musicality**-being able to interpret the music through movement (i.e. if the music is slow the actions might be slow and controlled)

Safe Dance Practice

What is safe dance practice?

Safe dance practice is all about making sure you are working safely in your lessons and when performing on stage. Knowledge of safe dance practice will limit your risk of injury and help you to become a better performer,



Warm up



Cool down