

# dance

A Level Preparation Pack



## Overview

The Dance department is looking forward to welcoming you in September and we know that many of you will be missing your usual dance classes! To help you prepare for A-level study, we have set out a range of resources for you to look at over the next few months so that you feel confident that you have chosen a subject that you will enjoy and commit to. In our first term we focus on developing our knowledge and application of a range of techniques and physical skills. Here are some useful suggestions to maintain your technique,

prepare yourself for new styles, and introduce you to our A Level practitioners. Firstly, follow us on @BSFC\_Dance on both Instagram and YouTube to take a look at our past performances and classwork!



**Kirsty Thornton**  
Head of Dance

## Dance Technique

### What is contemporary dance?

This is a popular question with a million different answers. We will be exploring a number of different techniques which all have a place in the contemporary dance world. You need to understand the qualities and differences between **Graham, Cunningham and Release technique** at A Level. For all 3 techniques, you should research the following:

1. Who created those techniques?
2. What are the key qualities/characteristics/stylistic features of those techniques?
3. What does the technique look like? Find pictures and video footage.

## Get involved!

Many dance companies are hosting online classes to keep you on top of your technique and expand your choreographic vocabulary.

- Follow @bsfc\_dance on Instagram!
- Try the [Graham 19 Poses Challenge](#) and submit online. Don't forget to tag @BSFC\_Dance in your attempts!
- Keep on top of your flexibility and strength with [Yoga with Adriene](#).

## Suggested Reading

- [The importance of technique.](#)
- [What is contemporary dance?](#)
- The history of the oldest dance company in Britain: [Rambert](#).
- [Modern dance vs Contemporary dance.](#)
- [A Level Dance Guides](#): A series of academic blogs discussing theoretical aspects of the A Level Dance course.

## TV & Film

Grab some popcorn and enjoy these full length works which you will study during your A-level course. Tip - I would recommend that you research these online first to gain an understanding of the themes.

- Akram Khan's [Dust](#).
- Matthew Bourne's [Sleeping Beauty](#).
- Matthew Bourne's [Swan Lake](#).
- Christopher Bruce's [Rooster](#). (This is in 8 separate sections on YouTube).
- Sidi Larbi Cherkaoui's [Sutra](#).

When watching, it is important to consider their use of constituent features: actions, space, dynamics, relationships, staging, costume, lighting, props, music and dancers. How do they enhance the themes of the piece? How do they entertain the audience? How does each choreographer use them very differently? Which one do you prefer, and why?

## Course Specifications

**A Level - [Download AQA Dance Specification](#)**