

Year 10 Spring 1 Quarantine Pack work.

Practical

Technical warm up and exercises

<https://www.youtube.com/watch?v=4hVroqIBlCo>

Section A/B:

If you are struggling with your Quizlet account email Miss Franklin on franklina@mayfield.portsmouth.sch.uk and she can help you.

Using these headings;

- Physical skills
- Technical skills
- Expressive skills
- Mental Skills

Put the terms on the linked document into the correct list; (year 10 summer 1 week 1)

<https://mayfieldschoolpo2.sharepoint.com/:f:/g/dance-students/EmoO9yC27a9Gs5ujSgNsf8wBBiBnAzo3iHzqDI50BKGrJQ?e=vz7Qeo>

Once you think you are done use Quizlet to check your answers and make corrections to any that you may have got wrong. Use Quizlet games and quizzes to test yourself on the key terms and once you feel secure on the learning move on to complete the following quiz:

<https://forms.gle/7fDr2KaWrYok4v3o7>

Section C:

Revisit the set works that you have already studied so far:

Alinha Curva: https://www.youtube.com/watch?list=PLBhgvcteMlthpNdpVUZjOMSoJxwSXS6l&time_continue=93&v=z_yqDn_20PQ&feature=emb_logo

Shadows: https://www.youtube.com/watch?time_continue=4&v=bHmICKqzQU&feature=emb_logo

Watch infra using the following link: <https://www.youtube.com/watch?v=QUspTHgCtG0>

Now use the PowerPoint and booklet provided and start to fill in the information about the professional work.