**A-Z Dance Tasks!**

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|  | **Task** | **Done** |
| **A** | **ACRO** - Perform / choreograph an Acro solo |  |
| **B** | **BALLET** – Perform / choreograph a ballet solo |  |
| **C** | **CAMERA** – Choreograph and film a dance specifically made for camera. Think about shots, editing and what your theme is |  |
| **D** | **DANCE MOMS** – Copy part of / a full solo from any series of Dance Moms! |  |
| **E** | **EDUCATE** – Create a leaflet to educate someone else on a dance piece (you can research and find one or use Swansong we study in Year 7) |  |
| **F** | **FACT FILE** – create a fact file on a choreographer. This could be a choreographer of any style |  |
| **G** | **GRADUAL** – Choose one 30-day fitness/physical challenge to follow (e.g. core strength, splits, flexibility, running – find on internet) |  |
| **H** | **HEALTH** – Create a poster / leaflet to advise someone of a healthy diet |  |
| **I** | **INTERNET** – Participate in a NEW online dance class  |  |
| **J** | **JAZZ** - Perform / choreograph a Jazz solo |  |
| **K** | **KIT** – Create a leaflet / poster that advices people of what KIT they may need to keep safe in a dance lesson |  |
| **L** | **LEGS** – Create and document a training programme to develop strength or flexibility in the legs |  |
| **M** | **Muscles** – Find a blank image of the body and label all the muscles |  |
| **N** | **NEWS** – Choreograph a solo based on something in the news now / in the past |  |
| **O** | **ORCHESTRAL** – choreograph a solo that uses a piece of orchestral music |  |
| **P** | **PROP** – choreograph a solo using a specific prop  |  |
| **Q** | **QUIZ** – Create a dance quiz that other people could do |  |
| **R** | **RAMBERT** – Research Rambert Dance Company and produce an information booklet on the company’s history and ethos |  |
| **S** | **STYLE** – Choose one dance style and create a poster detailing that style |  |
| **T** | **TAP** – Perform/choreograph a tap dance |  |
| **U** | **USA** – Research American choreographer Alvin Ailey. Either recreate one of his dances or create a fact file / poster on his work |  |
| **V** | **VAUDEVILLE** – Research Vaudeville and create a poster detailing the style |  |
| **W** | West Side Story – Either watch the whole or sections of West Side Story (film) and recreate one of the dances or create a fact file / poster on the film |  |
| **X** | **XRAY** – Label a skeleton drawing with the bones |  |
| **Y** | **YOU** – Either choreograph a dance about something personal to you, or create a fitness schedule for yourself to improve one aspect of your health and fitness |  |
| **Z** | **ZOOM** – create a short solo dance film that focuses on zoomed in shots. For example, zoomed in shot of hand gestures followed by focus on the feet |  |