DANCE

KEY STAGE 3



Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tutor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dreams & Nightmares

Task: You are creating a dance about dreams and nightmares. Mind map as many ideas as you can think of.

**Dreams**

**& Nightmares**

Dreams & Nightmares

Task: Write down the different movements and dynamics you will use e.g. running in slow motion, crawling in a sharp, isolated way. Try think of as many as possible

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| Movement | Dynamic |
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Dreams & Nightmares

Task: Draw the opening of your dance, use stick men and floor plans (as if looking down on the stage) add notes to describe what is happening.

Dreams & Nightmares

Task: Design the costume for your dance, be detailed and add in descriptions. You might need different characters and to include any props.

Dreams & Nightmares

Task: Design the set for your dance work. This should include a backdrop and any physical elements e.g. a backdrop of a scary wood with trees along the front of the stage. Include any specific lighting e.g. dark blue with a yellow spotlight for the moon.

Dreams & Nightmares

Task: Write a description of your dance that will be included in the programme, include a title and any specific details.

Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Programme notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Safe Practise

Task: Dancers have to be safe to avoid injury, write down some key rules dancers need to remember to be safe and explain why it’s important.

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| Rule | Why its important |
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Safe Practise

Task: Create a poster for the dance studio detailing why its important to warm up (including cardio, stretching, strengthening) and reminding students

Safe Practise

Task: Design a dance uniform – it needs to be professional, show the dancers bodies clearly, have the school logo and be suitable for dance

Safe Practise

Task: Drinking water and eating healthily is important for a dancer, create a poster to remind dance students of this

Safe Practise

Task: Miss Haley needs a new dance studio, you must design her one. It needs to be big with windows and mirrors, a water fountain, speakers and a dance floor. Draw a floor plan to show the layout.

Dance Styles

Task: There are loads of different dance styles, read through the descriptions and tick any you have tried.

|  |  |  |
| --- | --- | --- |
| **Dance Style** | **Description** | **Tick if you’ve tried** |
| Ballet | Turned out feet and curved arms, ballet is the foundation of all dance. The men perform big leaps and jumps, the women perform turns on pointe (the tip of their toes) in special shoes. Originated in France and Italy. |  |
| Street dance | There are different variations of street dance including popping and locking, break, hip-hop, bboy and more commercial styles.  |  |
| Tap | Dancers wear shoes with metal parts to create sound and rhythms. |  |
| Jazz | Usually used in musical theatre, Jazz is ballet but without the turn out, using straight lines and isolations. Originated in America. |  |
| Indian dance | There are several different types of Indian dance, sometimes each movement represents a word and tells a story through hand gestures. Other times its high energy with intricate use of the arms, linked to Bollywood. |  |
| Ballroom | Partnered dancing with many different styles such as the waltz, salsa, tango, cha cha cha and jive.  |  |
| Contemporary | A mixture of different styles blended together, contemporary dance reflects what is happening now. There can be different focuses such as breath, falling and releasing etc. |  |

Dance Styles

Task: Match the picture to the dance style, use the sheet before to help you.











Dance Styles

Task: Pick a dance style you don’t know a lot about, research it and complete the following fact file.

|  |
| --- |
| Dance style: |
| Key features: |
| Key people: |
| Examples of dance works in this style: |
| What do you think about the style? What stands out to you? |

Dance Styles

Task: You have been asked to choreograph a dance that has three sections- each section uses a different dance style. Complete the plan of how you will order this including ideas, music you will mix together, costume etc.

|  |
| --- |
| Section oneDance Style:Ideas: |
| Section twoDance Style:Ideas: |
| Section threeDance Style:Ideas: |

Show Time

Task: Design a poster for the end of year dance show, you need to include a date, ticket price, title and a picture linked to dance that will attract people

Show Time

Task: You have been given a budget of £200 for the dance show, Miss Haley needs you to decide how you will spend the money, complete the budget sheet.

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| --- | --- | --- | --- |
| **Item** | **Cost for 1 unit** | **How many would you like?** | **Total cost** |
| Costumes | £10 per dancer |  |  |
| Programmes | 50p per person |  |  |
| Posters | £1 per poster |  |  |
| Tea and Coffee | 10p per person |  |  |
| Water for dancers | £1 per bottle |  |  |
| Snacks for dancers | £2 per bottle |  |  |
| Renting the lighting | £50 for basic lights, £100 for full set |  |  |

Total costs \_\_\_\_\_\_\_\_\_\_\_\_\_

*This should be £200 or under*

Show Time

Task: Miss Haley has decided she needs to charge for tickets into the show but she doesn’t know how much. She thinks either 60, 80 or 100 people will come based on last year. Complete the table and decide what you think she should charge.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **60 tickets sold** | **80 tickets sold** | **100 tickets sold** |
| **£1 for a ticket** |  |  |  |
| **£2 for a ticket** |  |  |  |
| **£2.50 for a ticket** |  |  |  |
| **£3.00 for a ticket** |  |  |  |

How much should she charge and why? Remember high price tickets might put people off . . .

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Show Time

Task: The dance show needs to have a range of dance styles to different music. Create a playlist with a description of each dance we could include.

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| --- | --- |
| **Music** *Try include a range of different styles* | **Dance idea***Include style, number of dancers and brief description* |
|  |  |
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Street Dance Crew

Task: You are the leader of a street dance crew, you need to create a name for your crew and logo, be creative!

Street Dance Crew

Task: Your crew need hoodies, make the design eye catching and include your name and logo



Street Dance Crew

Task: You want to create a street dance wearing masks. Mind map as many ideas as you can then select your favourite.

**Mask**

**ideas**

Favourite idea : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Street Dance Crew

Task: You need to design your masks – make sure they link to the idea you selected

Performance Skills

Task: Read through the following performance skills, think back to your last dance performance, note down which you think are a strength or improvement

|  |  |
| --- | --- |
| **Expressive skill** | **S or I** |
| **Focus:** looking at your audience and specific places throughout the dance e.g. at your partner, watching your hands |  |
| **Projection:** performing with energy and connecting with your audience |  |
| **Spatial Awareness:** being aware of the space around you and how to use it well |  |
| **Sensitivity to others:** being aware of other dancers and connecting with them |  |
| **Musicality:** the ability to make the qualities of the music come out through your performance  |  |
| **Facial Expression:** Using your face to show mood, feeling or character  |  |
| **Choreographic Intention:** the aim of the dance, showing what the choreographer wants to communicate |  |

|  |  |
| --- | --- |
| Select a skill you said you needed to improve: |  |

*Think of 3 ways you could improve this, be detailed . . .*

|  |
| --- |
| 1. |
| 2. |
| 3. |

Physical Skills

Task: Read through the following physical skills, think back to your dance lessons and performances and rate yourself out of 5 for each (1 being very difficult, 5 being something you can confidently do) – remember to be positive about your abilities!

|  |  |
| --- | --- |
| **Physical skill** | **Mark out of 5** |
| **Balance:** holding a position or being steady |  |
| **Control:** stopping and starting movements well, changing direction and holding things  |  |
| **Coordination:** using several body parts at once |  |
| **Extension:** lengthening muscles and limbs fully |  |
| **Flexibility:** the range of movement in your limbs or joints  |  |
| **Isolation:** moving just one part of the body separately to others  |  |
| **Posture:** how you hold the body (good posture is when you lift up and out, not slump)  |  |
| **Stamina:** ability to perform over a period of time |  |
| **Strength:** how much muscular power you have |  |

|  |  |
| --- | --- |
| Select a skill you said you needed to improve: |  |

*Think of 2 ways you could improve this, be detailed . . .*

|  |
| --- |
| 1. |
| 2. |

Teamwork Skills

Task: Read through the following statements and tick either Yes (I agree), Sometimes (sometimes yes, sometimes no) or No (I don’t agree)

|  |  |  |  |
| --- | --- | --- | --- |
| **Creative skill** | **Yes** | **Sometimes** | **No** |
| I like working with different people |  |  |  |
| I have ideas in my dance lessons |  |  |  |
| I share my ideas in dance lessons with my group |  |  |  |
| I like coming up with different movements |  |  |  |
| I enjoy creating dances based around different topics |  |  |  |
| When I watch other dances I get ideas |  |  |  |
| I enjoy working in smaller groups |  |  |  |
| I can give people ideas on how to improve the dance |  |  |  |
| I motivate my group to get the work done |  |  |  |
| I listen to everyones ideas  |  |  |  |
| If someone is struggling I will help them |  |  |  |

|  |
| --- |
| When do you feel you work the best in a group and why? |

Logo Challenge

Task: Design a Brakenhale Dance Company Logo – it needs to be professional, relate to dance and be creative/eye catching

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