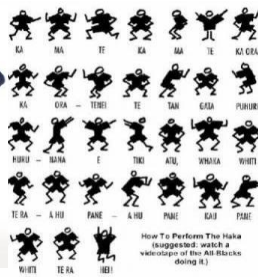


DANCE: Year 7 Knowledge Organiser



Different dance styles

- Students will explore contrasting dance styles; contemporary, Jazz and tribal
- Students will have the opportunity to learn short phrases in each style and then in a group, create their own composition inspired by these styles.

Professional Repertoire: The Haka

- A traditional dance form of the Māori of New Zealand, used by the All-Blacks rugby team.
- Students will learn the original repertoire and will take part in a series of choreographic workshops to explore each of the elements of dance and create their own version of the Haka

Stylistic Features

Baseline	Jazz	Haka
Use of the spine: centre, arch, contract, twist, and tilt. Positions of the feet: Parallel, turn out	Swinging arms, working in opposition, isolation, flexion, lines & right-angles, high Energy, bouncy dynamics	Wide stance, knees bent, tall posture, fists, spread fingers, strength and body tension, heavy dynamics, loud, rhythmical.

The elements of dance

Action – Elevation, gesture, turn, travel, stillness

Space – The ‘where’ of movement; levels, directions, pathways, size of action & formation

Dynamics – Degrees of speed, force and flow that creates the quality of the movement

Relationships – The ways in which dancers interact and connect with one another.

Motif – A single movement or short phrase, which has the potential to be developed

Motif development: The adaption, variation and extension of the motif through ASD&R

Performance skills:

Projection - Confident presentation of one's body and energy to communicate movement and meaning

Musicality - The ability to be receptive to rhythm, tempo and mood when dancing.

Energy- Amount of dynamic force and the qualities of the movement

Focus - Use of eyes to enhance performance / where eyes are directed.

Facial Expression – A gesture executed with facial muscles to communicate mood, feeling or character.

Emphasis- The accents in energy and timing provided by the dancer at different moments throughout the dance.

Commitment- The level of dedication to the performance role

Timing- Use of time/counts to match movements to sound.

Spatial awareness - the ability to see objects in relation to each other and to oneself.

Form/Structure: The order in which a dance is put together

Rondo (ABACADA) - ‘A’ is the chorus and is repeated after each different verse.

Ternary (ABA/ABA) - a contrasted middle section where the beginning is either repeated exactly the same or is presented as a modified version.

Binary (AB) - two contrasting sections

Narrative (ABCDEF) – Movement content is sequentially arranged into separate sections; this could be to tell a story.

Theme and variation (A1,A2,A3) – Each section builds and develops from the section before. The theme provides a basis for the variation and each variation becomes the theme for the next

Physical skills:

Balance- Arrangement of body parts to create equal distribution of weight

Alignment- Placement of body parts in relation to one another

Strength- Withstand or exert force with muscle power

Isolation- Independent movement of a single body part

Control- Engagement of muscles to start, stop, change direction and hold shape with accuracy

Stamina- Sustain prolonged physical activity requiring muscular and cardio-respiratory endurance

Posture- Carriage of the body and the way in which it is held

Extension- The lengthening of limbs

Coordination- Effective combination of movement from various body parts

Flexibility- Range of movement in the joints and the lengthening of muscles across the joints

Mobility- Moving fluently from action to the next

Compositional devices: tools used to develop movement

Unison- Two or more dancers doing the same movement at the same time

Canon- Movement performed at different times, one dancer followed by another

Lead & Follow- One dancer following the pathway of another

Question & Answer- One dancer performs and the other dancer performs a movement that ‘replies’

Repetition- An action or sequence that occurs again

Retrograde- The motif performed backwards, as though rewind

Mirroring- Dancers reflecting movement as a mirror image

Numerical Variation- Grouping dancers (2:2 duet, group 3:1, 6:2)

Pathway- Direction of travel to create spatial designs and patterns

Formation- The spatial positioning of the dancers (lines, circles)

Accumulation- Repeating a phrase with a new movement each time

Fragmentation- The phrase is broken down into smaller parts and reordered

Embellishment- Detail is added to the original movement