

Year 7 Dance

Independent Learning Programme

Topics Covered

Year 7	Project 1	Project 2
Autumn Term	Initial Skills	Technique and Physical Skills
Spring Term	<p>Study of Professional Work Reading/ things to watch/research:</p> <p>Task 1: Define the following keywords: Choreography Motif Dynamics Interpretation Narrative Musicality</p> <p>Task 2: Create a research project based on the famous choreographer Alvin Ailey. Use the following questions to help you.</p> <p>TES Ailey MUST WATCH! Click the Link</p> <p>Where was he born? What was his cultural/ family background? How did his background influence his dance work?</p>	<p>Creating Choreography for Performance Reading/ things to watch/research:</p> <p>Task 1: Choreograph your own dance using a prop and make sure it includes the following choreographic devices:</p> <ul style="list-style-type: none"> - Use of levels (low, medium and high) - Slow motion - Change of direction - Retrograde (Reversing the order of your actions) <p>You can dance in any style and use any choice of music. Just make sure the lyrics are appropriate. Prop suggestions: hat, chair, bed, item of clothing.</p> <p>Task 2: On Youtube search and find your favourite</p>

	<p>Where did he study dance? What school? What choreographers did he work with? What dance work is he famous for? What style of dance does he use?</p> <p>Extension Task: Watch and review one of Alvin Ailey's choreographies. Many can be found on Youtube. Would you recommend it to others? What was your interpretation of the dance? What was it about? What did you like? What was effective?</p>	<p>choreographies in the following styles.</p> <ol style="list-style-type: none"> 1. Contemporary 2. Hiphop 3. (A style of your choice) <p>Create a presentation of your three favourite choreographies and explain why you have chosen them, why others should watch them and what makes them effective.</p>
<p>Summer Term</p>	<p>Gumboot Dance Reading/ things to watch/research:</p> <p>Task 1: Watch the following choreographies using 'body percussion'. https://www.youtube.com/watch?v=SlSZQP0dKu0 https://www.youtube.com/watch?v=sb-2VsE2y-U</p> <p>Task 2: Create your own choreography using 'body percussion'. How creative can you be? Use a variety of stomps, claps, taps, clicks and body parts to create your rhythms. You can do this in silence as your body makes the sound or choreograph along to a song of your choice like the first video 'Havana'.</p>	<p>African Dance Reading/ things to watch/research:</p> <p>Task 1: Reading http://www.vam.ac.uk/content/articles/h/history-of-black-dance-20th-century-black-american-dance/</p> <p>Task 2: Use the following link to learn the A-Z of African dance moves and where they originate from! A-Z African Dance Moves</p>

How to rehearse effectively

It is your responsibility to rehearse independently outside of lesson every week to improve your physical skills and prepare you for the performance/assessment at the end of every project.

Here are some ideas to aid you in doing this effectively:

1. Film yourself and watch yourself back
2. Get a student in your class, a friend or family member to watch you and give you feedback.
3. You can book the dance studio at lunch or afterschool. Speak to your teacher in order to book the space to rehearse on your own or with your group.
4. To remember dance steps some people find it easier to write them down in a journal describing the steps or drawing stick men. This will help you remember the sequence of your moves and improve movement memory if you do not have a lot of space to rehearse.
5. Listen to the music as this will help you with timing.

Watching dance is a great way to get new ideas and develop your own practice. It is recommended that you watch a new dance work every week and explore a variety of dance styles. Some styles that you may want to research are;

- Ballet
- Tap
- Musical Theatre
- Jazz
- Hiphop
- African Dance
- Salsa
- Ballroom and Latin

Where can I watch dance?

1. YouTube is a great place to start as many dancers and choreographers post their work online.
2. You may be lucky enough to visit the theatre and watch a live dance performance.
3. Attend a school dance showcase or join a club after school.
4. On television. Programmes such as Strictly Come Dancing and So You Think You Can Dance are aired every year so is the BBC Young Dancer competition. You can search previous episodes online.
5. The Learning Resource Centre at school also hosts a range of DVDs. Unfortunately these can not be taken home but you are welcome to bring in headphones and watch them on the school computers.

Please remember the dance clubs after school are open for all students who want to attend. Just turn up! Hopefully we can start running clubs again soon!

