

ACTIONS – what a dancer does

- Travel
- Turn
- Gesture
- Elevation
- Stillness
- Floor work

SPACE – where a dancer moves

- Levels
- Pathways
- Direction

DYNAMICS – how a dancer moves

- Fast/slow
- Sudden/sustained
- Strong/light
- Flowing/abrupt

RELATIONSHIPS- how dancers move with others

- Lead & follow/ Action & reaction
- Mirroring
- Contrast
- Contact
- Formations

A **motif** is a single movement or short phrase of movement

Choreographic devices

How movement is manipulated

- Motif
- Motif development
- Repetition
- Contrast
- Highlights
- Climax
- Unison
- Canon
- Retrograde

Aural setting

Music
Body percussion
Found sound
Natural sound
Silence
Spoken word

Safe Practice

- Safe execution
- Appropriate dancewear
- Lifting and supporting others
- Effective warm up
- Effective cool down
- Alignment
- Posture
- Preparation into jumps
- Landing from jumps

- Alignment
- Posture
- Balance and control
- Flexibility
- Stamina and strength
- Coordination
- Extension and isolation

Physical Skills

- Focus
- Projection
- Facial Expressions
- Musicality
- Group awareness
- Sensitivity to other dancers
- Communication of dance idea

Expressive Skills

Weekly tasks:

Week 1:

Learn the action words by using this strategy

Extension: can you perform a movement for each of these actions



Week 2:

Practice the warm up phrases you learnt in class

Recall action words using look, cover, write, check

Week 3:

Practice the warm up phrases and any choreography you created this week

Recall action words using look, cover, write and check

Learn the space words - can you find another way to learn these words

Extension: can you create a motif and change the levels on each action

Week 4:

Practice the warm up phrases and any choreography you created this week

Recall action and space words using look, cover, write and check

Learn the dynamics words - can you find another way to learn these words

Extension: can you create a motif and perform it with contrasting speeds

Week 5: practice your choreography for the end of topic sharing

Week 6: create a tick list of all the action, space and dynamic components of your choreography

<https://drive.google.com/file/d/1DYSIzHK0-6ZOUHHevTIMk7ZgQvOhLc-c/view?usp=sharing>