

# Year 10 – T6

## Dance

# Home Learning

# Booklet

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

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

Dance Teacher: \_\_\_\_\_

**BTEC TECH AWARD PERFORMING ARTS (Dance)**

**Component 2 (30%)**

**KNOWLEDGE ORGANISER**

Each Pearson Set Assignment (PSA) will link to a theme. Assessments **MUST** link to this theme.

**Task 1**

**Preparing for a Performance (LAA)**

Teaching content:

- Health and safety (warmups, cool downs, preparation, clothing, space etc)
- Behaviours and attitudes
- Exploring different professional repertoires in a variety of styles
- Responding to feedback & applying corrections
- Reviewing development of physical and performance/interpretative skills in logbook
- Exploring themes, ideas and styles
- Rehearsal techniques (movement memory, repetition and recall etc)
- Practicing reproducing existing material
- Respond to direction.

Assessment (12 hours to complete):

- Prepare for performance of existing professional repertoire.
- During rehearsals, you will develop:
- performance/interpretative skills
  - characteristics of the style/genre
  - communication of meaning, intentions and links to theme\*
  - personal review and reflection on skills and progress
  - response to feedback.

Evidence:

Evidence for a performer must include:

- Video recordings of rehearsals of repertoire (10 mins of footage)
- Written reviews at milestone points of rehearsals

**12 marks**

**Task 2**

**Performance (LAB)**

Teaching content:

- Application of physical skills such as posture, strength, stamina, extension, balance, control etc.
- Application of performance/interpretative skills such as musicality, facial expression, eye focus, spatial awareness, emphasis, projection, timing etc.
- Demonstrate stylistic qualities of style/genre.
- Communicating meaning of repertoire
- Application of interpretative skills such as mood, character, expression and atmosphere

Assessment (1 hour to complete):

Showcase performance to an audience demonstrating technical, physical and performance/interpretative skills.

Evidence:

Evidence for a performer must include:

- Video recordings of performance of repertoire (approx. 2 mins)

**24 marks**

**Task 3**

**Review of rehearsal & performance (LAC)**

Teaching content:

Review rehearsal process:

- Developing skills (e.g. physical, performance/interpretative)
- Responding to feedback
- Identifying strengths and areas for development
- Actions and targets for improve.

Review performance:

- Application of skills (e.g. physical, performance/interpretative)
- Responding to audience feedback
- Identifying strengths and areas for future development
- Actions and targets for future performances

Assessment (2 hours to complete):

Review your development and application of skills and techniques during your rehearsal and performance of professional repertoire.

Review of rehearsal should include:

- Preparation and use of targets to develop skills and techniques.

Review of final performance should include:

- Strengths and areas to improve actions and targets for further improvement.

Evidence:

Evidence for a performer must include:

- Written review/evaluation (2 sides of A4)

**24 marks**

## Component 2

### Developing Skills and Techniques in the Performing Arts

#### **Week 1:**

#### **1) Health and Safety:**

What are the health and safety requirements for practical work?

|          |  |           |  |
|----------|--|-----------|--|
| <b>1</b> |  | <b>6</b>  |  |
| <b>2</b> |  | <b>7</b>  |  |
| <b>3</b> |  | <b>8</b>  |  |
| <b>4</b> |  | <b>9</b>  |  |
| <b>5</b> |  | <b>10</b> |  |

#### **2) Warm-up and Cool-down:**

What is the importance of a warm-up and cool-down in dance?

#### **3) Evaluate your own Warm-up and Cool-down:**

Please answer the following questions in relation to the war-up and cool-down you created in class:

|   |
|---|
| How effective was the warm-up/cool-down?              |
|   |
| Explain how if it was performed correctly and safely? |
|   |
| How effectively was the space used?                   |
|   |
| How would you improve it?                             |
|   |

## **Week 2:**

### **1) Behaviours and Attitudes:**

Create a mind-map to explore the behaviours and attitudes needed to work effectively with other people.

### **2) Reflection Task:**

Reflect on an experience of working with others. Give an example of when you have demonstrated:

### **Week 3:**

#### **1) Being prepared:**

what the expectations are from students in classes, workshops, and rehearsals? Create your own list of what you need to do in preparation. The list can include general and personal tasks, e.g. an individual working on their own punctuality to a general task of making sure they bring their practical kit to all lessons as standard.

#### **2) Exploring themes, ideas, styles or genres:**

What was the professional work you studied in class?

What were the themes, ideas, style, or genre of the professional work you studied in class?

| <b>What Went Well?</b> | <b>What could you improve?</b> |
|------------------------|--------------------------------|
|                        |                                |

## Week 4:

### 1) Physical/ Technical skills:

| <b>Performance Skill</b> | <b>Definition</b>  |
|--------------------------|--|
| Focus & control          | Concentrating on executing the movement accurately with full control of the body                         |
| Expression               | How much emotion and feeling you apply to the movement   |
| Posture                  | The way the body is held   |
| Balance and Coordination | The ability to hold a steady position and to use a combination of parts of the body together efficiently |
| Extension                | The lengthening of body parts outwards. E.g. Straight arms and pointed toes                              |
| Energy                   | How much physical effort you put into the dance  |
| Dynamic range            | Noticing and applying the correct quality to each movement. For example: sharp, soft, fluid etc.         |
| Accuracy                 | Performing the movements in the correct order with technical accuracy                                    |
| Alignment                | Correct placement of body parts in relation to each other  |
| Flexibility              | Projecting your movements outwards into the space with appropriate energy.                               |
| Rhythm                   | A strong, regular repeated pattern of movement   |
| Facial expression        | Animating the face to engage with your audience/communicate the theme of your performance.               |
| Relationship             | The way a dancer interacts with another on stage, for example; contact, accumulation, lead and follow    |
| Stamina                  | Ability to maintain physical and mental energy over periods of time.                                     |
| Spatial Awareness        | Being aware of the space around you as well as the shape, size, level and direction of the movement.     |
| Movement memory          | Your ability to remember movement  |

## 2) Physical/ Technical Skills:

Fill in the definitions in the table below.

| <b>Performance Skill</b> | <b>Definition</b> |
|--------------------------|-------------------|
| Focus & control          |                   |
| Expression               |                   |
| Posture                  |                   |
| Balance and Coordination |                   |
| Extension                |                   |
| Energy                   |                   |
| Dynamic range            |                   |
| Accuracy                 |                   |
| Alignment                |                   |
| Flexibility              |                   |
| Rhythm                   |                   |
| Facial expression        |                   |
| Relationship             |                   |
| Stamina                  |                   |
| Spatial Awareness        |                   |
| Movement memory          |                   |

**Week 5:**

**1) Expressive / Interpretative Skills:**

| <b>Performance Skill</b>                         | <b>Definition</b>   |
|--|---|
| Interaction with other performers                | How effectively you communicate with others on stage  |
| Focus  | Use of the eyes to enhance performance or interpretative qualities  |
| Confidence                                       | Being certain of your abilities and evidencing this in your performance   |
| Energy and Stamina                               | Performing to the best of your physical ability and keeping this consistent throughout  |
| Awareness and appreciation of sound / musicality | The ability to make the unique qualities of the music evident in performance. Having an awareness of the beats and highlights within the music and complimenting/contrasting this with your movement.               |
| Rhythm and timing                                | Performing the correct movements at the correct time to compliment the music.   |
| Emphasis   | The accents provided by the dancer at different moments throughout the dance  |
| Stage Presence                                   | The ability to command the attention of a theatre audience  |
| Facial expression                                | Animating the face to engage with your audience/communicate the theme of your performance.  |
| Use of space                                     | How much space you use when dancing. Awareness of the performance space and audience Showing effective consideration of the space you are performing in as well as the target audience and where they are situated. |
| Projection                                       | The energy a dancer uses to connect with and draw in the audience.  |
| Energy and commitment                            | Committing your full mental and physical ability to the dance consistently for the whole performance.   |



### 1) Expressive / Interpretative Skills:

Fill in the definitions in the table below.

| <b>Performance Skill</b>                         | <b>Definition</b> |
|--|-------------------|
| Interaction with other performers                |                   |
| Focus  |                   |
| Confidence                                       |                   |
| Energy and Stamina                               |                   |
| Awareness and appreciation of sound / musicality |                   |
| Rhythm and timing                                |                   |
| Emphasis   |                   |
| Stage Presence                                   |                   |
| Facial expression                                |                   |
| Use of space                                     |                   |
| Projection                                       |                   |
| Energy and commitment                            |                   |

**Week 6:**

**1) Physical/ Technical Skills:**

Please fill out your strength and areas for improvement for each of the Physical/ Technical skills below.

| <b>Performance Skill</b> | <b>Strengths</b> | <b>Improvements</b> |
|--------------------------|------------------|---------------------|
| Focus & control          |                  |                     |
| Expression               |                  |                     |
| Posture                  |                  |                     |
| Balance and Coordination |                  |                     |
| Extension                |                  |                     |
| Energy                   |                  |                     |
| Dynamic range            |                  |                     |
| Accuracy                 |                  |                     |
| Alignment                |                  |                     |
| Flexibility              |                  |                     |
| Rhythm                   |                  |                     |
| Facial expression        |                  |                     |
| Relationship             |                  |                     |
| Stamina                  |                  |                     |
| Spatial Awareness        |                  |                     |
| Movement memory          |                  |                     |

### 1) Expressive/ Interpretive Skills:

Please fill out your strength and areas for improvement for each of the Expressive/ Interpretive skills below.

| <b>Performance Skill</b>                         | <b>Strengths</b> | <b>Improvements</b> |
|--|------------------|---------------------|
| Interaction with other performers                |                  |                     |
| Focus  |                  |                     |
| Confidence                                       |                  |                     |
| Energy and Stamina                               |                  |                     |
| Awareness and appreciation of sound / musicality |                  |                     |
| Rhythm and timing                                |                  |                     |
| Emphasis   |                  |                     |
| Stage Presence                                   |                  |                     |
| Facial expression                                |                  |                     |
| Use of space                                     |                  |                     |
| Projection                                       |                  |                     |
| Energy and commitment                            |                  |                     |