

Year 9 Dance – Dance Repertoire and Choreography

11th May – 22nd May 2020

Dear Dancers,

Thank you for your booklets and fantastic videos! It was absolutely lovely to see you all keeping up with your creativity and staying fit and healthy. It brought smiles to our faces. Please see below your next tasks for the remaining two weeks of this half term. You can either do this in one day, or over the course of two weeks, it's up to you with how you use your time.

Task 1: Warm up and Dance Technique

Complete the first 5 exercises of Italia Conti's warm up YouTube video. You will recognise them from our dance classes. <https://www.youtube.com/watch?v=ty8SUFiar5M>

Task 2: Dance Repertoire

Work through the dance phrase from Italia Conti (link below). Make sure you pay attention to the dynamics and the timing of the dance. Dynamics can sometimes be missed out when choreographing, yet that make a dance piece look so exciting! This dance phrase travels a lot, depending on your space, you may need to alter your pathway slightly, which is ok.

https://www.youtube.com/watch?v=x4K_sNxcmEE

Task 3: Choreography

Using the dance phrase you have just learnt, we would like you to develop it in the following ways; fragmentation, repetition, two moments of stillness / very slow movement, change body part (for example, near the beginning there is a kick, how could you replicate that movement using your arm?)

Task 4: Transitions

Link the original dance phrase and your developed phrase (perform one after another). Make sure the two phrases link seamlessly. You may need to add a few dance moves to ensure it flows from one to another.

Task 5: Rehearse

Rehearse your whole dance phrase a few times until it is perfect. When rehearsing, think about the following:

PHYSICAL SKILL	TECHNICAL SKILL
Posture Alignment Control Extension	Timing Rhythmic Moving in a stylistically accurate way (are you performing it the same / very similar as the dancer?)

Task 6: Perform

Record yourself performing the whole routine and email to Miss Morgan and Miss Briggs. Please record from only one angle this time.

Task 7: Cool Down... YOGA

Complete either your own yoga sequence or follow the link below for a gentle cool down.

<https://www.youtube.com/watch?v=tpKVH0zJ6Zg&list=PL9T0rODp2rcvXDagow8XpBTAtAs5HCHqP>

I hope you enjoy the challenge. If you have any questions please do not hesitate to contact Miss Morgan or Miss Briggs.

All the best 😊