

Y9 Home Learning Dance Plan 2

I have set you 8 new tasks for you to complete, you should start these tasks on 27th April when you should then have completed the first home learning plan that you were sent. You should be completing 1 task per lesson and should therefore have 2 tasks completed each week. The last two tasks are projects and may take you 2 lessons to complete for each task.

Stick to your timetable – every Monday and Friday you should spend one hour completing the tasks. Please keep all of your work together from both Home Learning Plan 1 and 2, I would suggest that you have a folder for all of your work as this will act as a revision guide for Year 10 and 11. Please email Miss Taylor with any questions and once you have completed the tasks please take pictures or send electronic copies through.

Home Learning Week	SKills	Student to tick when complete
<p>1 Week Beginning 27th April</p>	<p>Task 1: List all 11 physical skills and give the definition for each one. You can check these definitions on AQA's website. For each physical skill gives examples of how you could improve them. For example, strength – you could do squats to strength the leg muscles and increase the amount you do each day to build more muscle.</p> <p>Please see the key word document to help you complete the above task.</p>	
<p>2 Week Beginning 4th May (Bank holiday on Friday)</p>	<p>Task 2: For each of the physical skills find a picture from the internet of a dancer who is showing that skill being used. You should also explain why it is important that the dancer is using that skill to demonstrate the move in the picture you have chosen.</p> <p>For example: A picture of someone being lifted could be showing strength.</p>	
<p>3 Week Beginning 11th May</p>	<p>Task 3: List all 5 expressive skills and give the definition for each one. You can check these definitions on AQA's website. For each expressive skill gives examples of how you could improve them.</p> <p>Please see the key word document to help you complete the above task.</p>	
<p>4 Week Beginning 11th May</p>	<p>Task 4: For each of the expressive skills find a picture from the internet of a dancer who is showing that skill being used. You should also explain why it is important that the dancer is using that skill to demonstrate the move in the picture you have chosen.</p>	

<p>5 Week Beginning 18th May</p>	<p>Task 5: Create a mind map that has examples of RADS which are the technical skills:</p> <ul style="list-style-type: none"> - Relationships - Actions – for example a turn - Dynamics – for example fast - Space – for example size of movement <p>Use your knowledge of a variety of different dance styles that we had been studying in class and add these to your mindmap. For example what RADS are used for Ballet, African and Line Dancing?</p>	
<p>6 Week Beginning 18th May</p>	<p>Task 6: Listed are 4 mental skills that you should use when performing in dance:</p> <ul style="list-style-type: none"> -Movement Memory - Commitment - Concentration -Confidence <p>For each mental skill you must write down what you think the word means and why YOU believe it is an important skill to use and how it can help you become a better dancer.</p>	
<p>7 Week Beginning 1st June</p>	<p>Task 7: You are going to plan the following exercises in the style of contemporary which we can use in class:</p> <ul style="list-style-type: none"> - A warm up (this should include the 4 stages of warming up) - A centre exercise - A corner Exercise <p>A cool down (this should include 3 different stages)</p>	
<p>8 Week Beginning 1st June – 12th June</p> <p>Project based – this should take at least 4 lessons to fully choreograph.</p>	<p>Task 8: You are going to create some choreography for a dance of your choice, you should write down your choreography in a way that you can read and teach it. You must choreograph a dance for a group of at least 5 people (you can have more if you wish), your dance should be at least 2 minutes worth of choreography. You must consider the following:</p> <ul style="list-style-type: none"> - What is your choreographic intent? (aim of the dance) - What style of dance? - What song choice? - You must use all aspects of RADS - Will you have solo's, duets in your dance? - Will you include lifts? - Formations? 	