

# Performing Arts: Core Questions & Vocabulary

**Year Group:** 8

**Composite:** Musical Theatre 'Shrek'

**Composite number:** 2 of 6

Core Questions	
1	<p><b>What are the three core disciplines of Musical Theatre?</b>  <i>Singing, dancing and acting.</i></p>
2	<p><b>Do you know what a MISC warm up is and how to physically demonstrate it?</b>  <b>M - Mobilise joints:</b> circle wrists either direction, head look to the side, ear to shoulder, head look down &amp; up, circle head round slow and the other direction, open up hips and then inwards, circle ankles outwards and inwards  <b>I - Increase heart rate:</b> - Jogging on the spot, star jumps, grapevine, sprint on the spot, squats  <b>S - Stretch:</b> stretch legs, calf, hamstrings, quads, arms across, side stretch, feet together - touch toes or down to toes, feet apart - touch floor or down to floor  <b>C - Core Muscle:</b> sit ups (Contemporary sit ups), press ups, plank.</p>
3	<p><b>Why is it important to do a warm up and a cool down before Dancing?</b>  <i>To prevent injury to your body.</i></p>
4	<p><b>Why is it important to do a vocal warm up before singing?</b>  <i>To prevent injury to your vocal chords.</i></p>
5	<p><b>What is Musical Theatre?</b>  <i>A style of theatre that using singing, dancing and acting to communicate/ tell a story.</i></p>
Core Vocabulary	
1	<p><b>Choreography</b>  <i>The moves that make up a dance.</i></p>
2	<p><b>Stamina</b>  <i>Physical energy over time.</i></p>
3	<p><b>Dynamics</b>  <i>Movements at different speeds.</i></p>
4	<p><b>Spatial Awareness</b>  <i>Being aware of the space around you.</i></p>
5	<p><b>Solo</b>  <i>One performer.</i></p>
6	<p><b>Unison</b>  <i>Dancers performing the same movement at the same time.</i></p>
7	<p><b>Canon</b>  <i>Dancers perform choreography one after the other.</i></p>
8	<p><b>Repetition</b>  <i>Performing the same action or phrase again.</i></p>
9	<p><b>Timing</b>  <i>Using time or counts when matching to sound/ other dancers.</i></p>
10	<p><b>Elevation</b>  <i>Action of jumping.</i></p>
11	<p><b>Coordination</b>  <i>How parts of the body work together effectively.</i></p>