

Performing Arts: Core Questions & Vocabulary

Year Group: 9

Composite: Dancing Through the decades

Composite number: 2 of 6

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