

Performing Arts: Core Questions & Vocabulary

Year Group: 8

Composite: Dance Cultures

Composite number: 4 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? <i>To prevent injury.</i></p>
3	<p>What are dance cultures? <i>A certain type of dance from a specific culture.</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>
12	<p>Alignment <i>Correct placement of body parts.</i></p>
13	<p>Balance <i>A steady or held position by weight distribution.</i></p>
14	<p>Flexibility <i>Range of movement in the joints (Muscles, tendons & ligaments).</i></p>

Core Vocabulary (Dance Cultures)

1.	<p>Stylistic Qualities <i>The qualities that make the performance what it is.</i></p>
African	<p><i>Used as a part of celebration. Angular bending of arms, legs and torso. Shoulder and hip movement. Stamping. Fluid movement. Dancers repeatedly return to the earth as they give themselves to the rhythmic pulses of their dance. Interpreting the percussive patterns of the music through their postures, gestures and steps.</i></p>
Salsa	<p><i>Basic salsa step, side salsa steps, front and back salsa steps. Upper body is kept fairly still. Rhythmic hip movements - Hip rotation is used to create a figure of 8. On one of the four beats a dancer may kick, tap, turn or tap their feet. Energetic footwork. Fun, playful partner work.</i></p>
Cha Cha	<p><i>4/4 musical structure and the way you count the cha cha is 1,2,3,cha,cha and repeat. The first 3 beats are full beats and the cha, chas are half beats. Twist/ Rotation of the hips. Positioning the feet diagonally across the body when on full placement. Energetic footwork. Pivot turn. Fun, playful partner work.</i></p>