

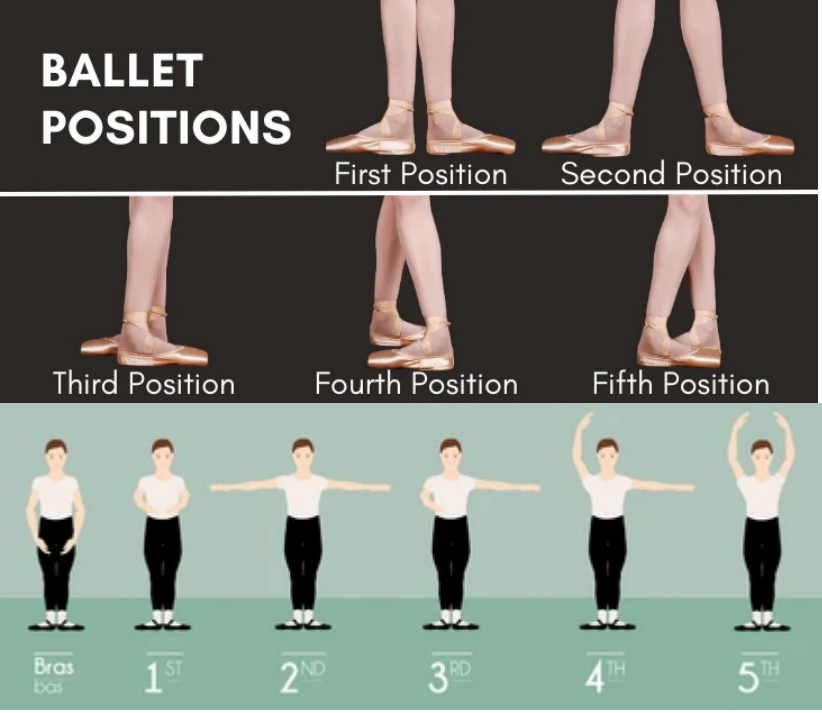
Performing Arts: Core Questions & Vocabulary

Year Group: 7

Composite: An Introduction to Dance Styles

Composite number: 5 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 styles? <i>A certain type of dance.</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 styles)	
Style 1: Ballet	<p>Feet and arm positions</p> 
	<p>Pliés <i>Plié is a French term meaning to bend, or bending. There are two principal pliés: A grand plié is a full knee bend (the knees should be bent until the thighs are horizontal) in which the heels always rise off the ground—except when a dancer is in second position—and are lowered again as the knee straightens. In demi-plié, the heels remain on the floor, making the bend in the knees about half as deep as a grand plié.</i></p>
	<p>Tendus <i>A tendu is one of the fundamental movements in ballet where the working leg is extended along the floor until only the tip of the toe remains touching the floor.</i></p>
	<p>Pirouette <i>An act of spinning on one foot, typically with the raised foot touching the knee of the supporting leg.</i></p>
	<p>Allegro <i>Refers to steps of elevation.</i></p>
Style 2: Jazz	<p>Practitioner <i>A person that creates and develops a dance style. E.G. Bob Fosse (Jazz).</i></p>
	<p>Ball Change <i>Use the balls of your feet to quickly transfer weight from one foot to the next.</i></p>
	<p>Box step or Jazz square <i>A four-step movement making a square pattern on the floor.</i></p>
	<p>Chasse <i>A step-together-step movement where you step your right leg out, then hop, bringing your left foot up to meet your right foot before landing.</i></p>
	<p>Jazz walks <i>A stylish form of dance walking with tiptoeing steps. Start with your knees slightly bent and your shoulders rolled back. Then step while tiptoeing.</i></p>
	<p>Bounce</p>

Style 3: Street Dance / Hip Hop	<p>Basic bounce: Accent down on the beat (Upper body relaxed), Boxer bounce: On the balls of your feet and rock side to side (To change this you can add an accent to a side).</p>
	<p>Cross step The action of placing one foot in front of the other and bringing in back to standing. You should do this with a bounce. You can also do a basic forward and side step by placing the foot in front, to the back or to the side.</p>
	<p>Grapevine Side steps and steps across the support foot (Step, behind, step, feet together/ Step, in front, step together).</p>
	<p>Criss Cross Start with feet apart, when you hear the music start on the one, your foot is going to cross in front of your left. And so sideways. After you do that, you're basically just going to switch out to the starting position here and then repeat on your left side.</p>
	<p>Kick Step Out Kick right foot forward, foot down, kick left foot out to the side. Kick left foot forward, foot down, kick right foot out to the side.</p>
	<p>Isolations Moving one part of your body independently.</p>
	<p>Pose/ freeze A position held without movement.</p>