



At the end of this unit I will:

Know how to create a dance using a range of movement patterns, including those from different cultures.

Have developed flexibility, strength, technique, control and balance.

Have performed dances using a range of movement patterns.

Be able to describe, interpret and evaluate my own and others' dances.

Three key questions:

1. Why do we warm up?
2. What are the key movements of a genre of dance?
3. How is dance formed?

Key vocabulary:

Stillness	For a dancer, stillness is a musical term that gives active space and rhythm. Stillness is part of ballet training when the dancer seems to pause after a melodic phrase.
Gesture	A gesture is the movement of any part of the body that is not weight bearing.
Travelling	This can be the movement of body weight from one part of the body to another or the travelling movement of a person from one area to another.
Unison	This technique requires dancers to move at the same time as each other.
Canon	Movements completed by one dancer are repeated by others in the group one by one.
Mirroring	This technique requires dancers to do the same travel, jump, shape or balance at exactly the same time.
Dynamics	Dynamics is about how movement is performed. Two dancers might be demonstrating the same movement (the same actions, in the same direction) but they might express the movement in completely different ways depending on their movement qualities.

The Hakka



Formations of dance

Dance is formed through synchronising movements (linking together). It can be completed individually or as a group. Dance is a powerful form expression. Dancers portray characters and emotions through their movements.



