

# PE – KS3 - DANCE

A KEY TERMINOLOGY		
1	<b>Choreography</b>	<ul style="list-style-type: none"> <li>The process of creating movements and positions that make up a routine.</li> <li>A choreographer is the person who creates the dances.</li> </ul>
2	<b>Rhythm</b>	<ul style="list-style-type: none"> <li>A strong pattern of beats, that usually follows the timing of music.</li> </ul>
3	<b>Coordination</b>	<ul style="list-style-type: none"> <li>Moving more than one body part at the same time.</li> </ul>
4	<b>Movement Actions</b>	<ul style="list-style-type: none"> <li>Dances will usually consist of the 6 main actions. They are :- Travel, Turning, Kick/flick, Jump, Gesture, Stillness.</li> </ul>
5	<b>Choreographic Devices</b>	<ul style="list-style-type: none"> <li>These are tools used when choreographing a dance that make the dance more exciting and complex.</li> </ul>

B CHOREOGRAPHIC DEVICES		
1	<b>Canon</b>	<ul style="list-style-type: none"> <li>The same movement of dance performed by two dancers, straight after one another.</li> <li>An example is a Mexican wave movement .</li> </ul>
2	<b>Formations</b>	<ul style="list-style-type: none"> <li>Patterns you create within the dance, the more interesting it is to watch.</li> <li>Examples are horizontal line, vertical line, triangle, square, diamond.</li> </ul>
3	<b>Levels &amp; Directions</b>	<ul style="list-style-type: none"> <li>Changing the height of movements and directions in a routine makes it more interesting to watch.</li> <li>An example is a trio who perform a movement one person low, one person middle and one person high.</li> </ul>
4	<b>Dynamics</b>	<ul style="list-style-type: none"> <li>How much energy you put into a movement.</li> <li>A movement could be sharp, smooth, fast, slow.</li> </ul>
5	<b>Fragmentation</b>	<ul style="list-style-type: none"> <li>Cutting and pasting movement into a different order.</li> </ul>
6	<b>Retrograde &amp; Inversion</b>	<ul style="list-style-type: none"> <li>Perform the movements backwards by reversing the order.</li> <li>Invert the movements by doing them upside down.</li> </ul>

C PERFORMANCE SKILLS		
1	<b>Audience</b>	<ul style="list-style-type: none"> <li>The people who watch the performances.</li> </ul>
2	<b>Musicality</b>	<ul style="list-style-type: none"> <li>To be sensitive to the music's melody and harmonies and interpret that through each movement.</li> </ul>
3	<b>Improvising</b>	<ul style="list-style-type: none"> <li>To create movement on the spot, using your own skills, and knowledge.</li> </ul>
4	<b>Expressive</b>	<ul style="list-style-type: none"> <li>To convey emotions or releasing energy.</li> </ul>
5	<b>Stimulus</b>	<ul style="list-style-type: none"> <li>Something that gives you an idea – an inspiration, a starting point.</li> <li>It could be a piece of music, a picture, a story, a theme.</li> </ul>

D LINKS TO THEORY		
1	<b>Aerobic Endurance</b>	<ul style="list-style-type: none"> <li>To continuously exercise the heart and lungs for a sustained period of time.</li> <li>To dance for a whole song without stopping.</li> </ul>
2	<b>Flexibility</b>	<ul style="list-style-type: none"> <li>The range of movement around a joint.</li> <li>A dancer would need to have flexible hamstrings to be able to kick their leg high.</li> </ul>
3	<b>Agility</b>	<ul style="list-style-type: none"> <li>The ability to change direction at speed.</li> <li>A dancer would need to change direction quickly for example when doing a step turn step.</li> </ul>
4	<b>Muscular Endurance</b>	<ul style="list-style-type: none"> <li>The ability of the muscles to keep contracting for a long period of time.</li> <li>A dancer will be using the muscles in the leg (Hamstrings and Quadriceps) when performing steps and actions within a routine.</li> </ul>

E DANCE STYLES AND TYPES	
1	African Gumboot Dance, Kathak Indian Dance, Brazilian Capoeira Dance, Irish Dance, Country Line Dance, Jive Dance, Charleston, Tap dance, Ballet, Street Dance, Musical theatre.