

Martha Graham

DANCE IS THE

HIDDEN
LANGUAGE

OF
THE SOUL

DANCE- TERM 2

Please highlight all concepts that you find are important

WARM-UP

Warming up the body before we dance is not a step that can be skipped or rushed. The body needs to be prepared for dance activity. Remember that posture is the way you carry your body; and alignment is the even position and balance of your body weight when you are standing.

What is a good way to check if you have a good posture?

WHY DOES GOOD POSTURE HELP DANCERS?

Good posture:

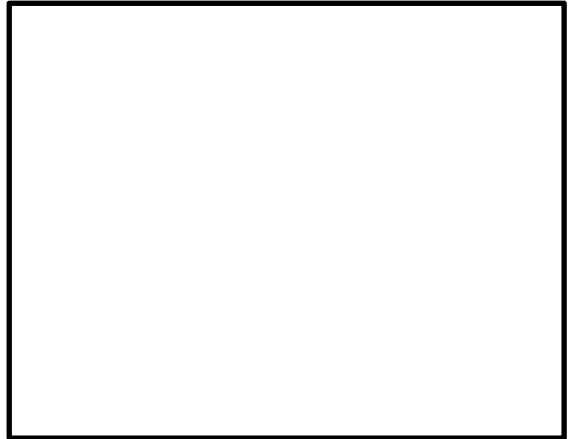
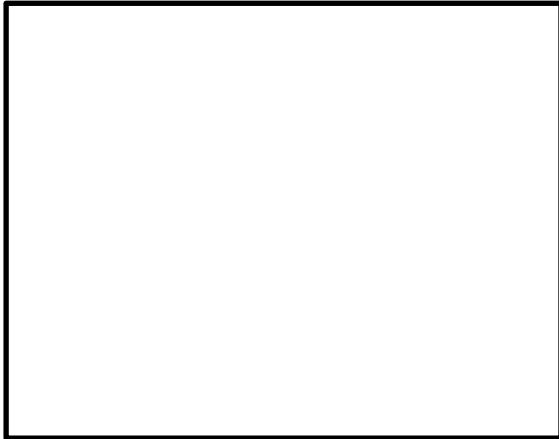
- Protects the surface of your joints and stops them from wearing out.
- Helps you carry your body in a way that does not put strain on your bones, muscles r ligaments.

Helps you to use your muscles properly

Improves your appearance.

In what way does posture improves ones appearance/

In the blocks below, draw three warm-up activities that can be done before dancing.



FLOOR WORK

Floor work, or moving on the floor is commonly used in dance as it adds variety to dance work. However, floor work is also used in warm-up and cool-down exercises as certain muscles can be best mobilised through floor work exercise.

WHAT EXERCISES STRENGTHEN YOUR CORE MUSCLES?

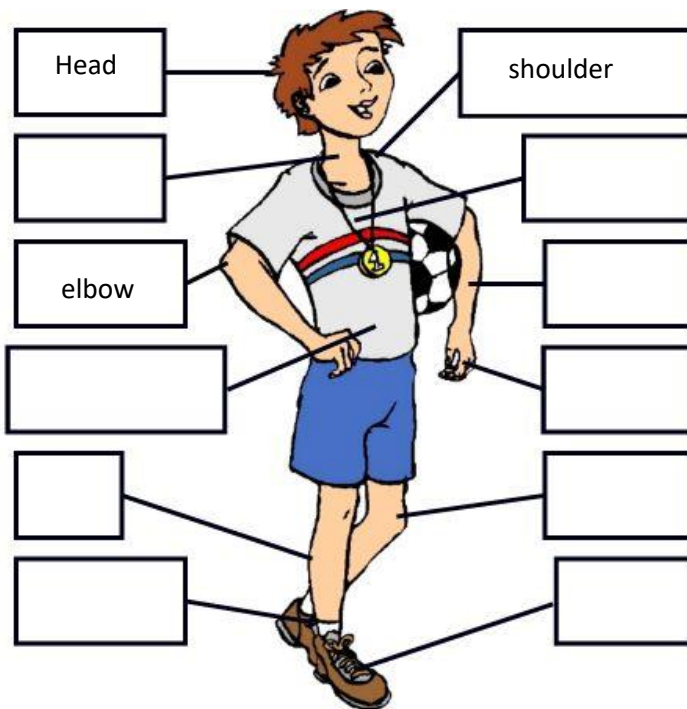
The exercises below will help you with core stability, strength and flexibility. There are a sequence of exercises that are done before and after dance class and that involve using a sitting position on the floor or lying flat on the floor.

BODY-PART ISOLATIONS AND ARM MOVEMENTS

When you identify, separate out and work on a single body parts such as shoulders, you are practising body part isolation. Isolations are a good warm-up activity for any type of dance.

WHAT IS THE POINT OF BODY- PART ISOLATION EXERCISE?

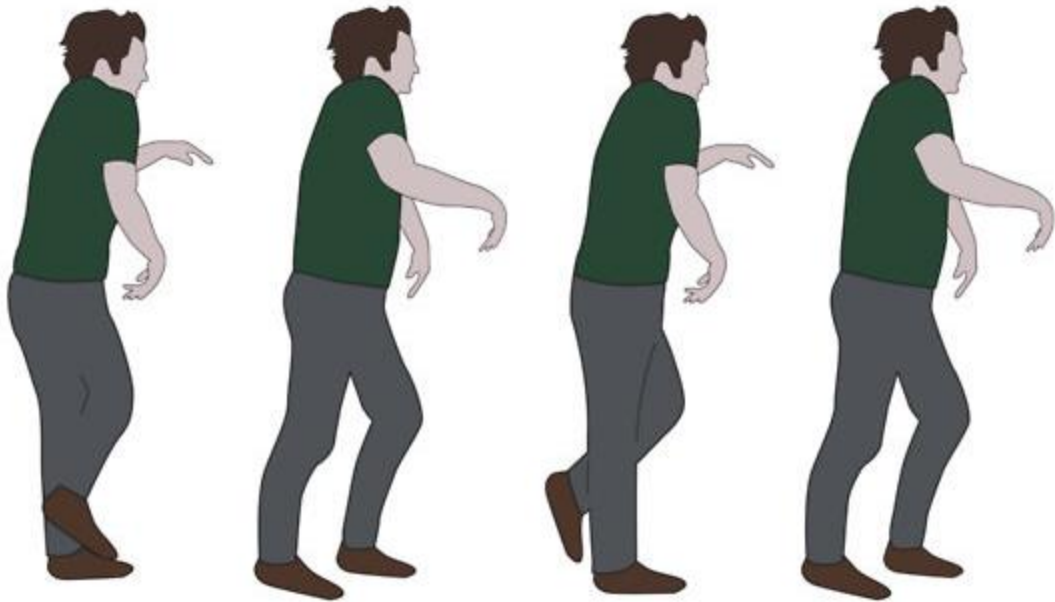
Body- part isolations make you more aware of each part of your body as you work slowly and steadily on a single movement or joint. The result is that you will warm-up your entire body. Complete the following body parts that we isolate during warm-up



WHAT ARM MOVEMENTS WILL HELP YOU DEVELOP MOBILITY, COORDINATION AND CONTROL?

You can warm-up your arms by bending, stretching then, turning your wrists round and round, circling your arms and rolling your shoulders. Remember to also change directions. So, if you roll your shoulders, forward eight times, then roll them backwards eight times.

TRANSFERENCE OF WEIGHT: BACKWARDS AND FORWARD



Do you know the moonwalk- the dance move that was made popular by Michael Jackson? This dance is about transferring weight from one foot to the other, and you can do this backwards or forward.

Weight transfer or weight change is a dance's movement so that their weight is moved from one supporting foot to another fully or partially. If you jump off two feet and land on one foot you have transferred your weight. Weight can be transferred in any direction using almost any part of your body.

Balance is an important part of transferring weight. It enabled you to move in the desired direction and to transfer your weight without stumbling or falling. Control of weight transfers is an important part of the partner dance technique. In general, important components of foot action during a dance step are foot movement, foot placement and weight transfer.

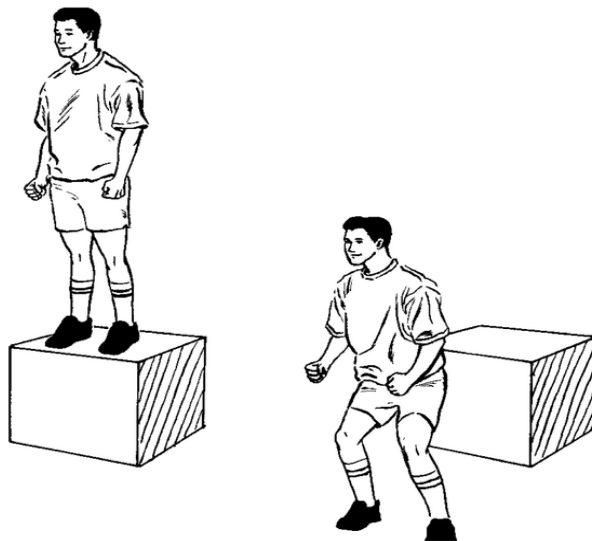
THE BEST WAY TO LEARN IS THROUGH MOONWALKING. GIVE IT A GO!!!!

JUMP, TURN AND SPOT

Some jumps are locomotor movements as they help you whole body travel across space. Other jumps are non- locomotor movements because you stay in the same spot. Turns are the same- some move you across space, other s move you around but in the same place.

HOW DO WE LAND SAFELY AFTER A JUMP?

Jumps are movements of elevation or aerial movements, where you move up in space. A jump is a soft movement and you should land gently and softly as possible. If you land with a loud thud it means that your knees are taking most of the force. This is dangerous. Always land with your knees bent.



WHAT HAS SPOTTING GOT TO DO WITH TURNING?

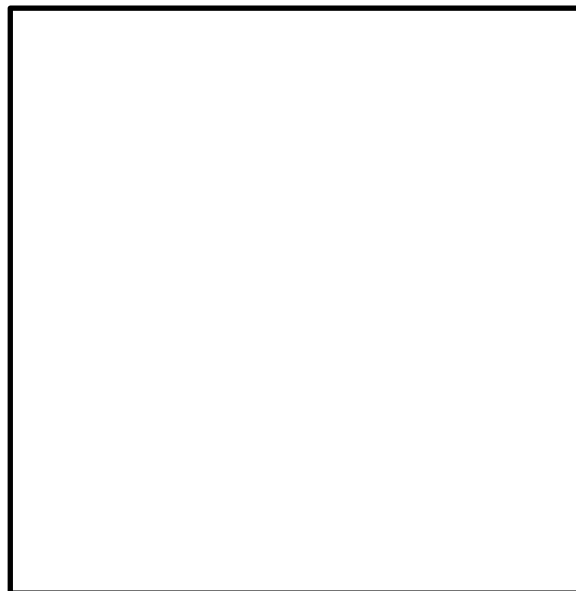
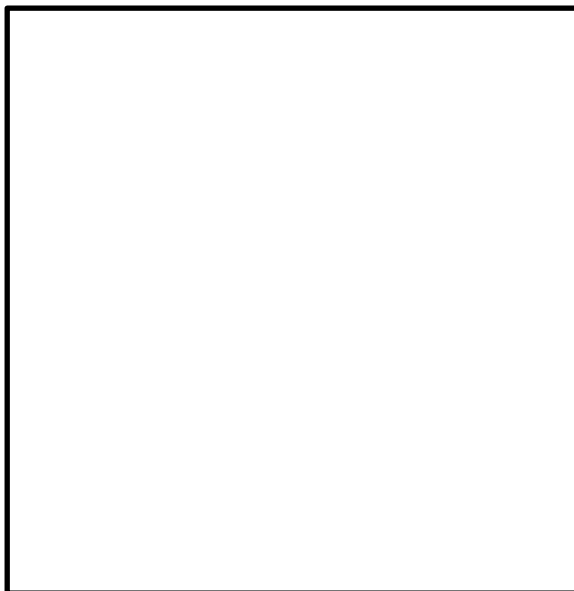
Turns are another important movement which allow you to change direction or the timing in a dance. But, how do you keep control of your body and stop yourself from becoming dizzy when you turn? The trick is to keep your eye fixed on one spot. This is called spotting

COOL-DOWN

At the end of your dance session you cool-down by moving more slowly and gently so as to bring your body back to its normal operating level.

WHY STRECH AND RELAX IN YOUR COOL-DOWN?

Stretching during your cool-down allows your muscles time to recover from the previous activities, but still keeps your muscles flexible. In the box below, draw 2 cool-down exercises



THE DANCE ELEMENTS

You take in energy by eating, drinking and breathing. You use this energy to do your daily tasks and activities

WHY IS ENERGY IMPORTANT IN DANCE?

The flow of energy is the amount of force in a movement. With more energy, your movements become larger, more beautiful and you seem more alive. You also use energy in dance to show feelings. A hard push in a dance can show anger or rejections; while light flowing movements show happiness or peace. .

THREE WAYS TO SHOW ENERGY (OPPOSITES)

Here are three ways to show energy in dance.

1. Strong/weak movements: strong movements use lots of energy and show off your physical build and strength. Weak movements use little energy, are dull and lifeless and make you look lazy.



2. Heavy/ light movements: Heavy movements are bold, confident and big movements. For example: you stomp your feet or bang on the floor. Light movements are gentle and soft.
3. Free flow/Restricted flow of movements: Free flow movements are easy movements that allow the smooth transition from one movement to another. Restricted movements are small and staccato- they appear to be jerky, stop/start, quick and short movements.

WHY IS A RELATIONSHIP IMPORTANT IN DANCE?

How do you feel when someone criticises you in a harsh way? You probably feel hurt and embarrassed. Remember this next time you give other dancers feedback. Be honest, but think carefully about what you will say and how will you say it. Relationship can also refer to the relationship between dancers and the floor; your relationship to other dancers and your relationship with space you dance in.

Please stick all your worksheets in your art books. BORDER
COLOR FOR THE TERM

You can choose



Also please leave a blank page for your Term 2 Cover