

Year 9 – Dance Cycle 1

Week 1- RADS

ACTIONS

6 Basic dance actions

- Elevation

Jumping/leaving the floor.

(2-2) (2-1) (1-2) (1-2)

- Rotation

Turning/rolling

- Balance and stillness

A held position

- Transfer of weight

Moving from one weighted action to another

- Travel

Moving across the space

- Gesture

A non-weighted movement or action

Week 2- RADS

RELATIONSHIPS

Unison- Same actions at the same time

Canon- Same actions performed one after another

Accumilation- When one dancer starts the motif and others join in at different points

Retrograde- When the motif is performed in a backwards order

Contact- When the dancers physically touch one another

Mirroring- Dancers completing a mirrored image of one another

Week 3- RADS

SPACE

- Levels

The body's height or distance from the floor

- Directions

The trajectory of the movement (Where it travels to)

- Facings

The direction in which the body or body parts are projected

- Pathways

The invisible designs that are traced on the floor after you have traveled on the stage

- Size/proximity

The size the action is projected. How close the dancer is to one another/props/audience

- Formations

The shapes or patterns created by where the dancers are in the space

Week 4- RADS

DYNAMICS- How the movement is performed

- Slow/fast
- Direct/indirect
- Strong/light
- Fluid/jerky
- Heavy/light

Week 5- Key vocabulary

Motif- A short phrase of movement that is repeated throughout a dance and manipulated
Motif development- Using RADS to change the original motif

Technical rehearsal- rehearsal where the lights/props/sound are first used on the stage (sometimes costumed)

Dress rehearsal- final rehearsal on stage as though the audience are there. Used to identify any last minute issues.

Stimulus - the thing you base it on/use as inspiration could include: Themes, issues, existing repertoire, props, time and place, a painting, song, poem, literature or news article.

Improvisation-Dancing without rehearsal to help inspire the choreographer and develop ideas.

Week 6- Structure of dance

Binary- AB structure (2 sections but might have similarities eg, tempo, music, rhythm, movement)

Ternary- ABA structure (B part is sandwiched between A parts which should remain the same)

Rondo- ABACA structure (A remains the same each time but B and C can differ)

Episodic- has several sections. Can either compliment or contrast depending on themes

Narrative- has a storyline and defined characters

Reordering/fragmenting- All scenes are in a different order and can miss parts out.

Repetition- scenes or moments are shown more than once, not necessarily identically.

Embellishment- something that has already been used is used again but added to in some way.

Wk 7/8- performance elements

Technically accurate
Movement memory
Projection/facial expressions

Timing (with music and with group)

Phrasing

Musicality

Expression of themes

Spatial awareness

Group awareness

Focus

Consideration of performance style/genre

Posture

Coordination

Stamina

Flexibility

Balance

Alignment

Extension

Be prepared

Be adaptable

Be confident

Enjoy the performance



Wk 9/10 medium and staging

Masks- exaggerated or blank.

Costume- blank canvas, naturalistic, traditional (like a tutu) or symbolic.

Set/Props- naturalistic, minimalistic or symbolic.

Sound effects/music- recorded, live, naturalistic or symbolic.

Lighting- naturalistic or symbolic.

Proscenium Arch- traditional, with apron, audience= 1 side.

End on- modernised P-Arch, no curtain/apron

Traverse- audience= 2 sides like a catwalk.

In the Round- audience on all sides, stage in middle.

Thrust- T shaped with piece that juts into audience.

Centre stage- middle of stage

Upstage- back of the stage.

Downstage- front of the stage