



## Dance Home Learning Booklet

Year 9

## Physical and Interpretive Skills

Name:

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Tutor Group::

Subject Teacher:

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Given out:

Monday 11 November

Hand in:

Monday 18 November

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Parent/Carer Comment

Staff Comment

Target

## **Starter Activity: Reading Task – Case Studies**

**Read the following case studies on three professional dancers.**

One of the first things we notice when we see professional dancers performing on stage is how technically strong they are. This is hardly surprising given that most of them will have spent several hours each day, probably for many years, training their bodies to try and reach perfection in their dance technique. Good technique underpins everything we do in dance. It makes the work look easy to an audience and helps to develop our physical facility.

### Case study 1: Jason Keenan-Smith

Jason is a freelance artist, dancer, choreographer and teacher, specialising in contemporary dance.

Training: London Contemporary Dance School.

Professional dance experience: Jason has worked with renowned contemporary dance companies such as the Featherstonehaughs, and a variety of companies ranging from the English National Opera to pop artists such as Five and Jimmy Sommerville. As a freelance choreographer, he founded his own company Haptic Dance in 2010, and has worked for the Gate Theatre and The Place among others. He has also taught widely.

Style of dance used in performance: Contemporary dance genre – styles including release, Cunningham and physical theatre, with influences of martial arts such as capoeira, and lots of improvisation.

The skills Jason says you need to perform in this style: Dedication, patience, consistency, perseverance, an ability to take on board feedback, self-worth and a passion, love or drive for what you do!

How he trains for performance: By attending open classes, auditions and workshops, and by repetition, either in rehearsal, by himself or on stage. Even after many years of performing, he often feels very nervous. He thinks that performing a lot helps you understand your physical and emotional reactions to the dance work.

## Case study 2: Victoria Fox

Victoria is a freelance dancer, choreographer and teacher, specialising in contemporary dance and theatre.

Training: Gloucestershire Youth Dance Company, Texaco youth training programme in Swindon, followed by training at the Laban Centre in London.

Professional dance experience: Victoria has performed with many dance companies throughout Europe, including the Silesian Dance Theatre in Poland, Yael Flexer's Bedlam Dance Company and Baila Louca in Holland. She was a commissioned choreographer for the Place Prize 2008. Victoria has taught a wide range of ages and abilities, nationally and internationally, at The Place, the Laban Centre, and the Bytom National Ballet School, in Poland, among many others.

Style of dance used in performance: Contemporary dance, dance/physical theatre.

The skills Victoria says you need to perform in this style: Be versatile; have a good range of skills or dance styles; be open to trying new things, responding creatively to tasks that choreographers set; connect with your audience; stay with the intention of the character/style, while being aware of how you are communicating to your audience through the movement.

How she trains for performance: By attending classes and workshops; when in a company by participating in a class of contemporary technique, improvisation, ballet or pilates; when in a theatrical role, by working with a dramaturge and scriptwriter on using the voice, including how to deliver text and create a character.

### Case study 3: JP Omari

JP Omari is a freelance dancer, choreographer and teacher, specialising in hip-hop and street dance.

Training: Self-taught.

Professional dance experience: Established Streetfunk, a Brighton-based dance school, in 2003. Founding member of the Floor Crusaders, a break dance crew, and the Urban Playground team who combine parkour with dance in site-specific performances. Member of Urban Strides, who specialise in street dance, and of SickStep, a Los Angeles-based hip-hop dance crew. Has worked with artists such as Dizzee Rascal, Sean Paul and Orbital. In 2006, he reached the semi-finals of the BBC's Strictly Dance Fever, together with his dance partner Stacey Gaunt.

Style of dance used in performance: Bboyin' (breakdance), street dance/hip-hop, lockin', poppin', house, krump, waackin'.

The skills JP says you need to perform in this style: Groove, technique and musicality.

How he trains for performance: Through teaching. He says, 'Performing is something I have always done and is an integral part of me.'

1. List the different skills the dancers say are needed in the three case studies.

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2. What other personal skills do you think a dancer needs (teamwork, persistence, etc.)?

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## **Task 1 - Physical and Interpretive Skills**

Using any resource such as: The Internet, books, articles and websites, research the following tasks.

When you collect any research, make sure you reference where you collected that information from by writing down or copying the link.

### **1. What is the definition of 'Physical Skills'?**

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### **2. What is the definition of 'Interpretive Skills'?**

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Sources:

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## Task 2 – Find out the definitions for the following skills below:

Remember to cross reference your work. Some definitions that you find might need to be checked from a couple of sources, such as a couple of websites because the same **key word** may have a **different** meaning to it depending on the **context** you are using that key word in.

<b><u>Physical Skills</u></b>	<b><u>Definition</u></b>
Actions – jump, turn, rolls, travel and gestures	This physical action is <b>what</b> the body is doing, creating or performing in the dance space.
Posture	
Alignment	
Balance	
Coordination	
Flexibility	
Strength	
Stamina	
Extension	
Spatial awareness	
Contraction	
Reproduce movement accurately	
Whole body participation and/or isolation	
Application of dynamic range	
Movement Memory	
Accuracy and quality of movement	
Awareness of, and relationship to, other dancers in the performance	

So the context for this task is your finding out what the below **key words** mean in DANCE.

<u>Interpretive skills</u>	<u>Definitions</u>
Emphasis	
Projection	
Focus	
Accurate interpretation and reproduction of style, steps and movements	
Use of space	
Musicality	
Facial expressions	
Timing	

Sources:

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## Task 2 – What Physical and Interpretive skills can you identify?

In the pictures below, identify as many skills you can see. Write around the pictures and draw arrows to the body part that you can identify this skill. Please use two different coloured pens so you can easily see if it's a physical or interpretive skill.

Colour Code:

- Physical
- Interpretive

Extension



Focus





## Task 4 – Self-Assessment

### Evaluate your own Physical and Interpretive skills as a dancer.

During your dance lesson this week take time to reflect on your skill set as a dancer. Make a mental note in class of your skill set and evaluate below by ticking the appropriate box that you feel best fit with how well you can achieve/perform that skill.

Try your best and evaluate as many skills as possible!

<u>Physical Skills</u>	Needs Improvement	Satisfactory	Good	Very good	Excellent
Actions – jump, turn, rolls, travel and gestures					
Posture					
Alignment					
Balance					
Coordination					
Flexibility					
Strength					
Stamina					
Extension					
Spatial awareness					
Contraction					
Reproduce movement accurately					
Whole body participation and/or isolation					
Application of dynamic range					
Movement Memory					
Accuracy and quality of movement					

Awareness of, and relationship to, other dancers in the performance					
<b><u>Interpretive skills</u></b>	Needs improvement	Satisfactory	Good	Very good	Excellent
Emphasis					
Projection					
Focus					
Accurate interpretation and reproduction of style, steps and movements					
Use of space					
Musicality					
Facial expressions					
Timing					

<b>Physical Skills</b>	<b>Interpretive Skills</b>
Write in this box the <i>PHYSICAL</i> skills that requires improvement:	Write in this box the <i>INTERPRETIVE</i> skills that requires improvement:
Write in this box the <i>PHYSICAL</i> skills that are your strength:	Write in this box the <i>INTERPRETIVE</i> skills that are your strength: