



Year 7
Home Learning Booklet
Dance

Name

Tutor Group

Teacher

Given out: Monday 6 January

Hand in: Monday 13 January

Parent/Carer Comment

Staff Comment

Target

Starter Activity: Reading Task - Safe Dance Practice

Safe Dance Practice

Why safe dance practice is important

Being safe as a dancer is vitally important. Knowing how to prepare your body for activity, how to take care of it when it is moving and how to contribute to a productive and safe working environment is fundamental to your experience as a dancer. Professional performers take injury very seriously because it could cost them their career so they pay a great deal of attention to safe practice. The same applies to you because you are studying dance at KS3. If you injure yourself you might not be able to participate in lessons, which means you would miss vital work – and that might affect your progress.

What is safe dance practice?

Safe dance practice is all about making sure your body is prepared for incredible demands you are going to make on it and about ensuring that you know how to work safely with others. It is about understanding how your choices of dance-wear and the space you rehearse or perform in can affect your work and it is about knowing what to do and how to deal with things if they go wrong.

Nutrition and Hydration for a dancer

As a dancer you are going to expect a lot from your body, so it is really important to make sure you get proper nourishment (that is, nutrition). If you are going to perform at your best, you will need energy, strong bones, flexible joint and muscles, and lungs that work efficiently. Energy comes from the food you eat, which is turned into fuel for the body. If you put dirty, low-grade fuel in a car you would not be surprised if it broke down, and the same principle applies to your body. A healthy diet is essential if you want your body to work efficiently.

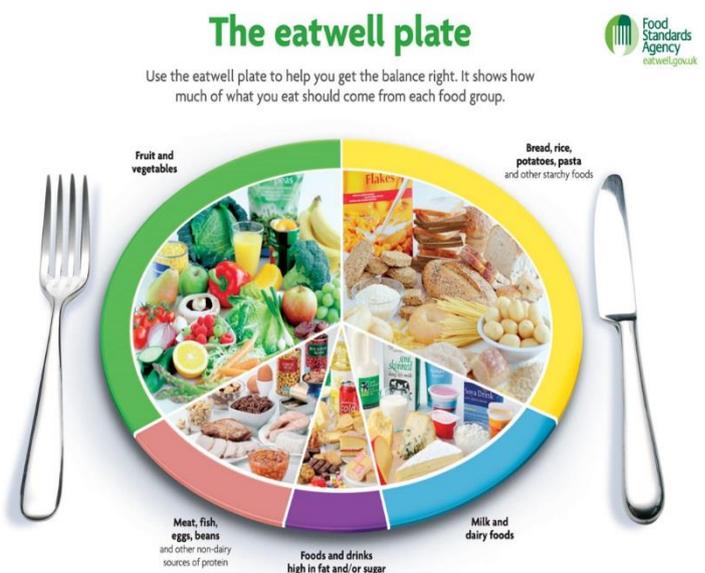
A Healthy Diet

The picture to the right shows the essential ingredients of a healthy diet. The bigger the portion on the plate, the more you should eat from the group. How does this compare to your diet?

Muscles need energy to work. Energy comes from food which is converted to glucose (sugar). To work efficiently muscles also need plenty of oxygen. Glucose and oxygen are carried to the muscles in the bloodstream, and waste products such as carbon dioxide are taken away in the blood.

Hydration

When we work hard we sweat more, and during this process we lose water and vital body salts as well as heat. We must replace the water and the salts otherwise we get cramp and lactic acid builds up. Lactic acid builds up during continuous use of the same muscle groups and after a while it



makes the muscles ache and feel heavy. Then it causes cramp and eventually the muscles stop working altogether. If you have ever tried to walk up an escalator or a long flight of stairs and felt the muscles in your leg begin to burn and get heavier, you have experienced lactic acid build up. Regular sips of water during a dance session keep the body hydrated and the muscles working at optimum level. Obviously when you are dancing you will be working hard and you will sweat more than usual, so you need to consume more than the recommended two litres of fluids per day. If you start to feel thirsty this is a sign that you need to sip more water regularly.

Warm-up and Cool-down

Why do you need to warm up?

A warm-up in dance is not the same thing as just being warm, so wearing a hoodie and turning up the heating is not an effective warm-up for a dance session! A proper warm-up prepares the body and focuses the mind so that you are ready for the more strenuous dance activity. When you eat a piece of toffee, it takes a lots of chewing to turn it into a supple, pliable mass. This is exactly what you are trying to achieve with your body during a warm-up, but it is a gradual process and you should never try to over-exert your body or raise your pulse and breathing rates too quickly during a warm-up. You warm-up for three reasons: to reduce the possibility of injury; to improve performance and to prepare psychologically.

What happens in a warm-up?

A good warm-up gradually raises the body temperature and heart rate, resulting in increasing blood flow to the muscles. The blood carries oxygen which acts as fuel for the muscles, and the increased flow of blood warms them and makes them more elastic and therefore more efficient and less susceptible to strain and sprain injuries. In addition, nerve messages from the brain to the limbs speed up and joints and ligaments are lubricated. A warm-up is a gradual process and it cannot be rushed. It can take more than 10minutes to do an effective warm-up, and it should be done before every dance activity irrespective of whether what follows is a technique class or something less physically demanding. If you break for longer than 15 minutes during a dance activity, you will need to warm-up again. By the end of a good warm-up you should feel more alert, better coordinated and full of energy.

The stages of an effective warm-up can start with a gentle 3-5minute pulse-raising activity to gradually increase internal body temperature; Rhythmical, swinging movements focusing on mobilising the joints in the body; stretches which involves the big muscles in the body and finally exercises which focus on body alignment and use the centre of the body for control.

Cool-down

You must never stop strenuous physical activity suddenly. A cool-down at the end of the class is essential as well. A cool-down may include slow exercises or passive stretching and could mirror the early part of the warm-up in content. Breathing exercises are also useful. Before starting your cool-down, put on more layers of clothing, so that the process happens gradually.

Learning about.....

Part 1: Safe Practice

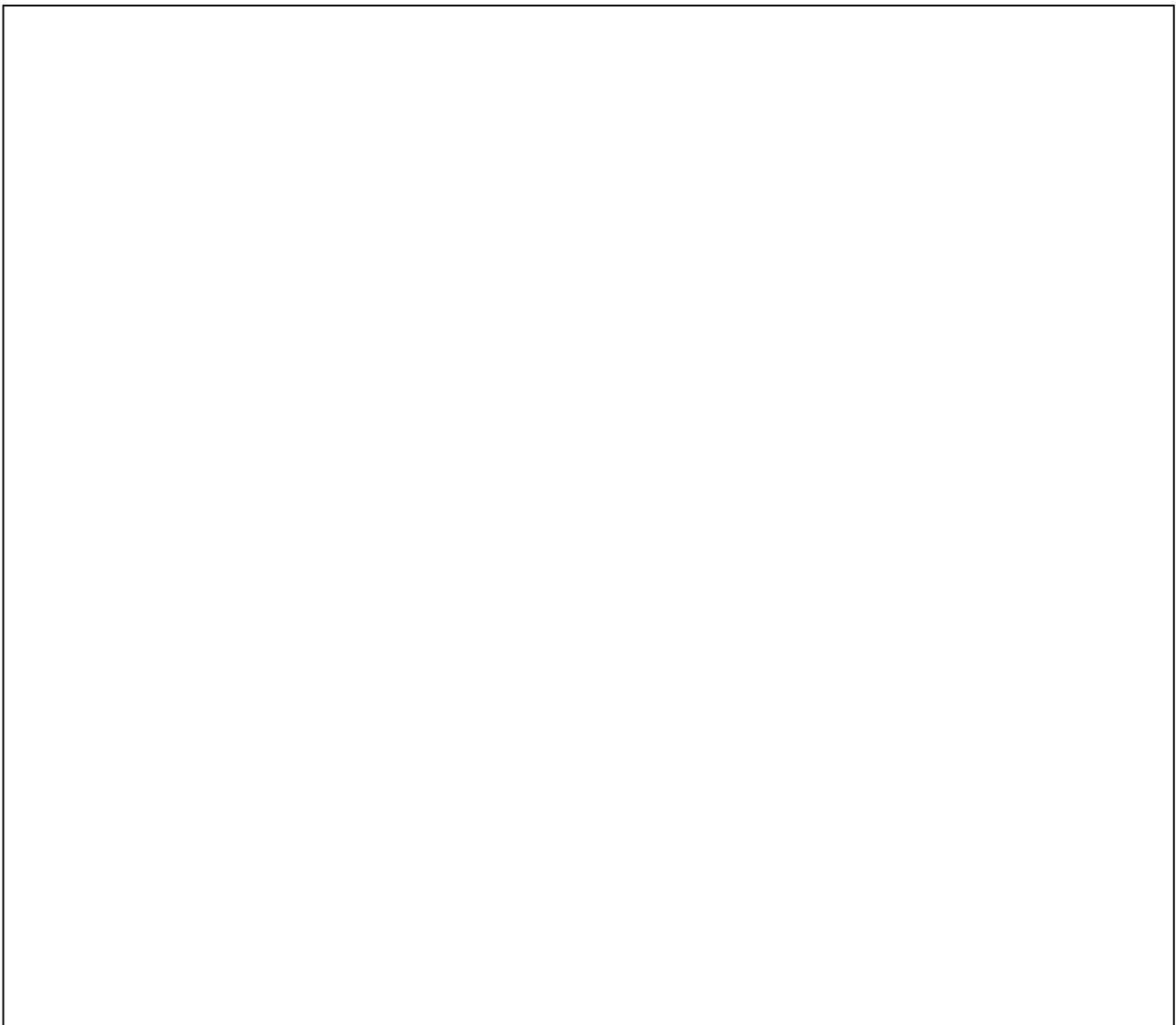
Before we can start to dance, we need to think about being safe. You are now going to learn about **safe environment, safe dress and safe dancing.**

SAFE ENVIRONMENT

The environment means the studio, classroom, hall or wherever your dance class takes place. The space should be clear of obstacles, clean, warm, light and large enough for the class to take place safely.

Let's look at your dance environment. Think about being in the Hall.

Using the box below, draw a plan of your dance studio as you see it today. Make sure you block in everything you can see and label it.



teacher

Your opinion

How safe do you think your dance studio is? _____

If you were in charge, what could you do to make it safer? _____

SAFE DRESS

Dance kit isn't there to look nice, it's there to keep us safe. We shouldn't dance in socks, wear jewellery or wear clothing that is too tight. Hair should be tied back and we shouldn't chew or eat when dancing. You've probably heard your teacher saying this a thousand times, but do you know **why?**

Let's test your knowledge! Answer these questions [some questions may have more than one correct answer].

We shouldn't wear socks in class because

- A it makes our socks dirty.
- B we could slip over.
- C it looks silly.

We shouldn't wear jewellery because

- A it can get broken.
- B it distracts us when we perform.
- C earrings can get pulled out, rings & watches can scratch others, necklaces can get caught.

We shouldn't wear tight clothing because

- A it could rip.
- B it doesn't look good.
- C we can't move freely enough.

Hair should be tied back because

- A it could get dirty.
- B it can get caught.
- C it can get in our eyes.
- D it looks messy down.
- E it can get trodden on in floor work.

We shouldn't chew in class because

- A we could choke on it.
- B it spoils a performance.
- C it doesn't look nice.

SAFE DANCING

Before we start dancing properly, we need to **warm up**. Warm up is just that, it *warms* up the muscles that we need to use later on. It also gets the heart beating faster so that the blood can pump freely around the body to feed the muscles. Let's look at why this is so important.

Unscramble these letters to reveal a substance that feeds the muscles

N E X Y O G

This substance is carried along in the **blood**, and the faster the heart beats, the quicker new supplies arrive. It provides the muscles with the **energy** needed to move. As the muscles move more and more, they start to warm up.

Heating the muscles is vital for allowing them to become flexible when we dance.

Think of a muscle like a piece of chewing gum. When cold, the gum is rigid and hard and if you try to bend it, it will snap. BUT, if you chew the gum, apply heat and moisture it becomes bendy doesn't it? If you were to take it out of your mouth and pull both ends, it would stretch easily. *It's the same with muscles. If you try to do too much without warming them up, they can tear.*

Good warm up vs bad warm up

In Dance, we like to warm up quite slowly and then build to faster exercises to get the heart pumping. Stretching too early isn't a good idea as we might pull a muscle before it's properly warm. There are several exercises below, some good, some bad but they are all jumbled up. Write them under the correct columns.

Splits Rolling down through the spine High kicks
Back bend Bend the knees & rise on the toes Arm circles

Good warm up	Bad warm up

Think back to your own warm ups. What other warm up exercises have you done in dance class?

Which parts of the body were these exercises warming up?

Learning about.....

Part 2: Action, Space, Dynamics & Relationships

Let's remember what Actions, Space, Dynamics & Relationships are:

Match the dance words to their correct meanings by joining them with arrows or lines.

ACTION	<i>who</i> we dance with
SPACE	<i>how</i> we dance [speed/strength]
DYNAMICS	<i>what</i> we dance, the steps
RELATIONSHIPS	<i>where</i> we dance

ACTION

An **ACTION** means **WHAT** we are doing, the MOVEMENT we are dancing.

Here are 5 examples of ACTION words:

hop turn roll jump walk

Now it's your turn! Write down **ten** action words [different to the ones above] here:

- | | | | | |
|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 |

Here are some action shot pictures – which actions are they?



Look closely, you may find two actions in one movement.....

Write your answer here _____



Write your answer here _____



Write your answer here _____

DYNAMIC

DYNAMIC means **HOW** we move. Here are five examples of DYNAMIC words:

fast

sharp

slow

bouncy

soft

Now it's your turn! Write down **ten** dynamics words [different to the ones above] here. Don't forget, these are not the *what*, they are *how* we move.

1

2

3

4

5

6

7

8

9

10



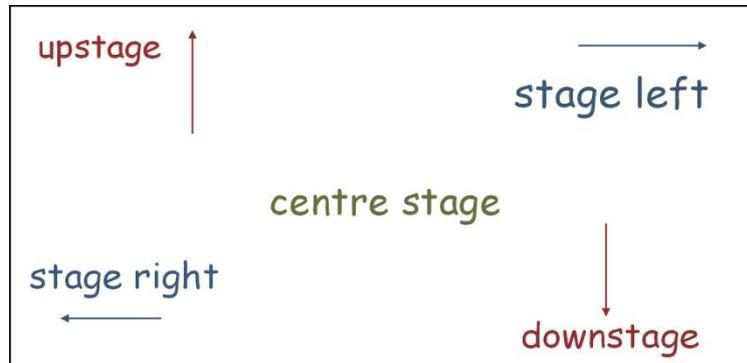
Here is a jumping action– what do you think the dynamic is?

Write your answer here _____

SPACE

We use **SPACE** all the time in Dance and we have special words to describe **WHERE** we are standing in the performance area.

Look at the diagram below



audience

Notice how 'right' and 'left' look as though they are the wrong way round! That's because we use directions as if we are standing **on the stage** looking out to the audience.

We use the words 'upstage' and 'downstage' to mean **towards the back** and **towards the front**, because in the old days a lot of stages were built on a slope [called a 'rake']. So going towards the back was like walking UP a hill, and going towards the front was walking back DOWN again. Like this:



Look at these pictures. Decide **where** the dancers are in the performance space, using the correct direction words.



Is this dancer:

A: centre stage?

B: upstage left?

C: downstage right?

Where are these dancers positioned?



The girl in the pink top is

The boy is

The girl in the purple top is

RELATIONSHIPS

RELATIONSHIPS means **WHO** we dance with. For example, if the dance is for two people, the relationship is a **DUET**.

Match the number of dancers with their correct relationships word. If you don't know, or get stuck, try to think of the number in **FRENCH** and then you may get a hint to the correct relationship. Use arrows to link the word to the number. **DUET** has been done for you.

1		trio
2	←	octet
3	←	duet
4		septet
5		solo
6		quartet
7		quintet
8		sextet

Relationships words can also be how **close or far apart** dancers are to each other. They can be **back to back**, making **contact** or in completely different parts of the space. Relationships words can also be **unison** [dancing the same steps at the same time] or **canon** [dancing the same steps at a different time].

Look at the picture and decide upon the relationships that are used. Circle the correct answer below:

A: This is a quartet where all dancers are dancing in unison.

B: This is a trio where all dancers are close together.

C: This is a trio split into a unison duet and a solo.

D: This is a duet in canon.



FINAL TASK

Now let's make sure you know what Action, Space, Dynamics & Relationships are. Look at the table below. All of the words have been put in the wrong columns. Rearrange them and sort them properly under the correct headings in the blank table below.

TIP – Do the ones that you know first, as this will then help you guess the ones you are unsure about.

ACTION	SPACE	DYNAMICS	RELATIONSHIPS
Unison	Rebounding	Leap	Heavy
Sharp	Downstage	Roll	Walk
Stage right	Canon	Duet	Bouncy
Hop	Run	Spin	Upstage

Fill in this blank table below:

ACTION	SPACE	DYNAMICS	RELATIONSHIPS

