

YEAR 7 DANCE HOMEWORK

(Due on Monday 17th October)

Dance Buzz Words

Give a brief explanation for each of the keywords listed below, please use examples to support your answers. You will be tested on these words for your Dance assessment on both the spelling and understanding of each keyword.

- Performance
- Choreography
- Technical Dance skills

Task 1.

- Why is it important to warm up before a Dance class?
- What should a Dance warm up include?
- Give 3 examples of ways to increase your heart rate in a warm up.
- Give 3 examples of stretches you may perform in a Dance warm up.
- What temperature should a safe Dance studio be at?

Task 2:

- To create a poster advertising the benefits of having Dance lessons in school. This poster should be as eye catching as possible and should be only 1 side of A4 paper. Please Include both the physical and social reasons for why Dance is important in your poster.

Task 3:

- What is Jazz Dance?
- Research about a famous Jazz Dance choreographer named **Bob Fosse**.
- What Dance movements might be performed in Jazz Dance? Please list at least 5 movements and use images to support this.

Please do use the internet and YouTube to help you answer any of these questions if needed. All homework will be marked on both the content and presentation of the work. All tasks must be completed by **MONDAY 17th OCTOBER 2016**. This homework must be given to Miss Carpenter or put in the Homework box in the Dance studio. Please do come and see me if you need any help with this homework or alternatively email me at ema.carpenter@chamberlayne.org



Miss Carpenter

Teacher of Dance