

DANCE

SUMMER TASKS

Here are some Dance tasks for you to complete over the Summer break that will help to prepare you for studying Dance at Halesowen College. The Dance courses at Halesowen College will not disappoint, we have many opportunities for you, including a wide variety of dance techniques, extensive performances in and outside of College, working with professional choreographers and practitioners, links with the Birmingham Hippodrome and much more!

HEALTH & SAFETY

Please remember to consider health and safety when completing the summer tasks. As a dancer it is very important to protect your body, when completing the practical tasks please ensure that you:

- Warm up all parts of the body
- Wear suitable clothing and footwear
- Adapt movements to your surroundings
- Cool down

WARM UP AND COOL DOWN STRETCHES

There are some good YouTube videos of Dance warm up and cool down stretches available if you do not know your own.

HOW TO SUBMIT WORK

You can submit work via email to gsherratt@halesowen.ac.uk or share them to the same email address from a one drive account.

We look forward to welcoming you to the Halesowen College Dance department in September. If you have any further questions please do not hesitate to get in touch, we are happy to help with your enquiries.

Stay safe and well, keep dancing!

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SUMMER TASK 1

At Halesowen College our four main genres of technique are Contemporary, Street Dance, Ballet and Jazz. Watch a professional Dance work from one of these genres and learn a short motif (A phrase of movement of at least 16 counts). Film your performance and send it in to us. There are some examples, one for each genre below but you can choose your own if preferred.

Contemporary Dance:

<https://www.youtube.com/watch?v=09yJUYDrBzg> Bonnie Su YouthDaughter.

Street Dance:

<https://www.youtube.com/watch?v=QC7iMA2CoQk> Unity Studios

Ballet:

<https://www.youtube.com/watch?v=LocohsJRiRU&feature=youtu.be>

(From around 30 seconds in is a nice phrase)

Jazz Dance:

https://www.youtube.com/watch?v=K_7oxKShjLY Bob Fosse 'All that Jazz' (You can find the English version of the song unless you are fluent in German)

OPTIONAL TASK 1 EXTENSION ACTIVITY

Add on an additional 16 – 32 counts of your own choreography. You can develop the movements that you have already learned to help you.

SUMMER TASK 2

Research into the history of the genre that you have chosen for Task 1 and create a fact sheet or PowerPoint based on the history of the genre. In your own words, you should include:

- Where, why and how the genre began?
- One choreographer or practitioner who influenced the genre?
- Compare and contrast the genre now and then. Can you give examples to back this up? This could be a list of similarities and differences
- One dance work from the genre and explain how it is a good representation of that genre
- Relevant images
- Record your research sources – Books or websites used

OPTIONAL TASK 2 EXTENSION ACTIVITY

Repeat Task 2 for another genre of your choice.

SUMMER TASK 3

Dance is increasingly multidisciplinary, and it is important to develop your creative skills. Task 3 is a creative task, try to think outside the box and remember to start with movements that you know, then adapt them to be more creative.

Create your own motif (a phrase of at least 16 counts) using one of the following stimulus. You can add your own music if you wish or you can perform it in silence. Film your choreography to submit. This can be in any genre, just remember to be creative. In addition, record yourself explaining what your ideas are from your chosen stimulus or write it down in 300 words.

STIMULUS 1



STIMULUS 2

“Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

- Viktor Emil Frankl (Austrian neurologist and psychiatrist)

STIMULUS 3

A free bird leaps on the back of the wind and floats downstream till the current ends and dips his wing in the orange sun rays and dares to claim the sky.

But a bird that stalks down his narrow cage can seldom see through his bars of rage his wings are clipped, and his feet are tied so he opens his throat to sing.

An extract from Caged Bird by Maya Angelou

OPTIONAL TASK 3 EXTENSION ACTIVITY

Create a motif that contrasts with the one you have created.

OTHER TASKS THAT YOU COULD DO TO HELP YOU PREPARE FOR STUDYING DANCE IN SEPTEMBER:

- Keep moving, there are some wonderful free fitness and Dance classes offered online at present
- Watch professional dance works in varied genres, there are many available on YouTube and professional dance company websites
- Get creative. Challenge yourself to find original movement. Record what you have done
- Read a Dance book or extracts online
- Research into Dance careers