**A-Level Dance**

**Overview**

The course is designed to give you theoretical and practical experience through an understanding of dance. You will acquire technical skills in choreography, contemporary dance and performance and engage in critical thinking about dance practice and further developing your skills in the rehearsal and performance process.

You will develop dance appreciation skills through the analysis of professional works, gaining an understanding of the historical and cultural context of dances. You will reflect on your own dance practice, fitness and well-being.

The Year 12 assessment is internal: a practical assessment in a duet/ trio and a solo choreography and performance in March then a written paper via structured questions and essays in June. The Year 13 assessment is external: practical assessment in a quartet and a solo in the style of a practitioner plus a group choreography in March then a written paper via structured questions and essays in June.

**Whilst there will be some specific ‘bridging work’ set on the school website before the end of term, developing an understanding of the following prior to this would be useful:**

* Names of key muscles of the human body. Try to learn the names of 30 muscles. Search for this on the internet or via Youtube videos. Get someone to test until you name them all.
* A continued awareness and appreciation of a variety of dance genres. Watch as many of the following clips as you can:

-Stomp live – Part 1 – Brooms : <https://www.youtube.com/watch?v=tZ7aYQtIldg>

-Top 10 Iconic Broadway Dance Numbers <https://www.youtube.com/watch?v=vgmDwk3AMRI>

-Matthew Bourne – Nutcracker , Gobstoppers : <https://www.youtube.com/watch?v=-ofM_1rPB5I>

 -Ruby Tuesday - Christopher Bruce <https://www.youtube.com/watch?v=0jhk_Y8cdq8>

-Rambert performing on ‘The Greatest Dancer’ 2019 <https://www.facebook.com/BBCOne/videos/freya-ridings-and-rambert-the-greatestdancer-performance/342811809901418/>

-The evolution of dance over time <https://www.youtube.com/watch?v=p-rSdt0aFuw>

-The A-Z of dance ID - Jogg Jeans <https://www.youtube.com/watch?v=UFZxK8edZWA>

**Set yourself a challenge – how many of those dance styles can you do?? Can you ‘spell your name’ linking phrases of the dance styles in this A-Z of dance?**

* Gain a greater awareness of a variety of suitable music to choreograph or perform to. Find yourself some music BEFORE you are restricted by a theme/idea. Create a choreography playlist with appropriate artists.
* ‘Is dance a sport or an Art form?’ Research, discuss and conclude
* Research and discuss what contemporary dance actually is. Where did it begin? What is it now?

It is essential that you keep yourself fit between now and September. Set yourself one of the challenges below:

* Couch to 5k
* Home workouts from the Nike Training Club App
* Taking part in 5 Rambert Home Studio classes (either live if in lockdown or via youtube). Go to website rambert.org.uk and via the drop down, go to ‘Join in’ .There are classes in dance for GCSE, Body conditioning or ballet for adults
* Complete yoganuary with Cat Meffan (Youtube)

**Save your work or evidence of completion in a portfolio that can be incorporated into your subject folder if/once you decide to commence this course.**