

# DANCE: Year 10 Knowledge Organiser C1

## Component 1:

Internally Assessed

The opportunity to explore performing Arts

## Tasks:

- 1. Preparing for a performance-** During rehearsals, develop and apply your skills and techniques to shape your final performance
- 2. Performance-** It's time to showcase your performance for an audience.
- 3. Ongoing review-** Review your development and application of skills and techniques during the process and after it

## Assessment Objectives

AO1

Use rehearsal or production/design processes

AO2

Apply skills and techniques in performance or realisation

AO3

Review own development and application of performance or design skills

## Core Knowledge:

(Refer to KS3 KO for definitions)

**Physical skills:** Balance, Alignment, Strength, Isolation, Control, Stamina, Posture, Extension, Coordination, flexibility, Mobility

**Performance skills:** Projection, Musicality, Energy, Focus, Facial Expression, Emphasis, Commitment, Timing, Spatial awareness

**The elements of dance;** Action, Space, Dynamics, Relationship, Motif and Motif development

**Compositional devices:** Unison, Canon, Lead and Follow, Question & Answer, Repetition, Retrograde, Mirroring, Numerical Variation, Pathway, Formation, Accumulation, Fragmentation, Embellishment

**Form / Structure** – Rondo (ABACADA), Ternary (ABA), Binary (AB), Narrative (ABCDEF), Theme and variation (A1,A2,A3,A4)

## Zonation: Message In A Bottle (Every Little Thing)

**Stylistic Features:** Sharp, dynamic, weighted, highly expressive, moments of soft floaty movements, air patterns, changes in direction, levels

**Music:** Every Little Thing by Sting

**Choreography:** Link for video with the choreography- <https://www.youtube.com/watch?v=1XWQ9Ou1wZ8>

**Message In A Bottle is a universal story of loss, fear, survival, hope and love.**



## Strategies for improvement:

**Accumulation:** Breaking down counts and building up

**Drilling:** Recalling and repeating

**Self-assessment in the mirrors:** using the mirrors to correct technique

**Self-assessment through video/screen shot analysis:** ( through the use of pause and reflect)

**Peer coaching:** observe, model, explain, support.

**Teacher live marking:** A teacher giving corrections during or straight after you perform

**Slow motion and tempo build:** Rehearse in slow motion and gradually increase tempo

**Live narration:** Performing with continuous feedback

**Auditory recall:** verbalise the choreography

**Visualisation:** Mark through the movement in your head