

# DANCE



Welcome to Dance at Highams Park!

This year you will have one Dance lesson per week for a whole term. You will learn to choreograph dances and perform them too!

We have a dedicated Dance studio with sprung floor, wall mirrors, ballet barre, sound system and professional lighting. This space means that you can rehearse and perform work that is impressive and of a high quality. In Dance, you will wear a kit which consists of a plain white t shirt, plain black shorts or leggings and bare feet.

You will love Dance! It gives you an opportunity to be creative, expressive and gain confidence when performing. You have fun working in groups of different sizes and also get to develop your physical and expressive skills, with training from your teacher. You get performance opportunities every lesson and work towards two half-termly assessments, which are usually performances.

## **Year 7 Dance Unit 1 is 'Gestures' where you learn:**

Choreographic skills such as motif and development, action, space, dynamics and relationships. Performance skills such as concentration and confidence through a set dance taught by the teacher and use of a prop.

## **Year 7 Dance Unit 2 is 'Dance By Chance' where you learn:**

Dance history and information about a famous dance practitioner and his technique. Creation of a 'dance by chance' tool to help choreograph a solo dance that demonstrates the skills of action, space, dynamics and motif development. Performance skills such as good timing and projection through a set dance taught by the teacher.

## **Extra Curricular**

We do one whole school show each year, which Year 7s always take part in. We also have Performing Arts Showcases where you can show work that you have created in class. There is also the opportunity to be part of the Step into Dance team where you have the chance to work with an industry professional and perform in prestigious venues.