

## Episode 18: Betty Bunheads Clip: Operation Scout

### Activity: Contradictions

Theme: Health and Wellbeing

Elements of dance: body

1. As a class, view the clip, *Operation Scout*. With the help of Kat, it is the time for auditioning for summer school at the National Academy of Dance. There are many examples of rivalry throughout this clip and episode. For example, Scout has a healthy appetite for competition and Abigail displays feelings of bitterness and meanness.
2. As people, we are often 'walking contradictions'. Sometimes we can feel like many different versions of ourselves in one body. For example, one day we don't care what we wear, the next day we are fashion victims intent on wearing the latest fashions. Using Abigail as a case study, we can see a girl who appears to have great confidence as a dancer and yet displays behaviours that show that she is scared of others outperforming her. Her eating disorder and her poor track record with personal relationships show that while she wants attention, she would rather destroy things than lose her control over them. Discuss with the students what values they most admire in people. Then ask students if there are times when the behaviour of people doesn't match these values?
3. Ask students to individually reflect on what values they have chosen to focus on and to select one character to examine where their behaviours sometimes contradict their values.
4. Have each student write a journal entry exploring this contradiction. Ask them to plan their journal entry using **Student Activity Sheet E18.3: Contradictions Journal Entry**. Many students may want to keep this information private, but you could initiate a class discussion with the expectation that several people may share similar responses. A class discussion can then focus on why we sometimes behave in ways that go against our values, ideals or best interests.

## Download

Student Activity Sheet E18.3: Contradictions Journal Entry

## Useful resources

- Ausdance Video Segment 4 - Safe Warm Up, Basic Contemporary Dance.
- [Ausdance Factsheet 16: Caring for the dancer's body](#)
- [Ausdance Factsheet 6: How dancers avoid burnout](#)
- [Ausdance Factsheet 19: Fuelling the dancer](#)
- [Ausdance Factsheet 18: Occupational health & safety for the dance industry](#)



NAME: .....

Student Activity Sheet:  
Activity:

E18.3  
Contradictions

Episode 18:  
Clip:

Betty  
Bunheads  
Operation  
Scout

## Contradictions Journal Entry

Write your thoughts in the thought bubble below. These are thoughts that can stay in your head and on this piece of paper. You don't have to share this with anyone, the choice is yours.

Spend some time reflecting on your own set of values.

In the thought bubble below, begin with writing your values (what is important to you). Once you have carefully explained your values, spend some time reflecting on occasions where your behaviours haven't matched your values. Then go on to add these in the thought bubble too.

