

Clip: Swan Lake

Episode 6: Perfection

Activity: Cygnet Dance

Theme: Dance skills

Elements of dance: body, space, time, dynamics, relationships

In episode 6, *Perfection*, Tara discovers that Kat's mother is the National Ballet's principal dancer. Tara is invited backstage with Kat and watches *Swan Lake* from the wings.

1. As a class, view the clip, *Swan Lake*. Ask students to:
 - a. Listen to the music in the clip and describe the beat and tempo. Ask them to identify if the beat is 3/4 or 4/4? Is it slow (*largo*) (*adagio*) or bouncy and fast (*allegro*)? (It is 4/4 – *allegro*).
 - b. Clap the beat out, emphasising, or accenting the “1”. Count 1, 2, 3, 4; 1, 2, 3, 4.
 - c. Ask the students to use **Student Activity Sheet E6.2: Cygnet Dance Template** and write the movements and how many repetitions they see in the clip.
 - d. Study the hand hold shown in **Dance Academy Series 1 Episode 6 still #6** (refer to Downloads section).
2. Have students warm up and then use a range of ballet movements such as low leg swings, pliés, tendus, glisses and rond de jambes (see glossary of ballet terms).
3. Play a piece of country music, something with bounce. For example, “*Keep on the Sunny Side*” from the soundtrack of *Brother Where Art Thou* works very well for this activity.
4. Divide students into groups of four and ask them to develop four small phrases (each comprised of very simple steps, repeated 4-8 times) to create a cygnet dance.
5. Surprise them. Explain that their task is to use this piece of country music, and change the style from ballet to a version of line dancing. Throughout the dance, they must maintain the hand hold and not stay on the same spot the whole time.
6. Ask students to evaluate their performances. Have students give their group a rating out of five, describing why they have rated the group performance in this way. Provide students with a set of criteria to avoid overly subjective choices.
7. Have students complete the **Student Activity Sheet E6.2: Cygnet Dance Template**.

Activity: Cygnet Dance

Download

- Student Activity Sheet E6.2: Cygnet Dance Template
- Dance_Academy_Series_1_Episode 6_still#5
- Dance_Academy_Series_1_Episode 6_still#6

Useful resources

- Ausdance Video Segment 4: Safe dance practice and avoiding injury
- Ausdance Video Segment 6: Safe Warm up – Basic contemporary dance
- [Ausdance Factsheet 11, Producing a dance performance](#)
- [Ballet Class For Beginners](#)
- [Wikipedia, Glossary of Ballet](#)
- [Dance First, Glossary of Ballet Terms](#)



NAME:

Student Activity Sheet: E6.2 Episode: Perfection
Activity: Cygnet Dance Clip: Swan Lake

Cygnet Dance Template

View the clip, *Swan Lake*, which features a *Swan Lake* performance. Look for movements from both the dancer's legs and head. Then describe the movements in the table below.

Movement Name (Make it up)	Description	Repetitions
1.		
2.		
3.		
4.		
5.		
6.		

Rate your group's cygnet dance using the evaluation criteria given by your teacher. Indicate your rating by circling one of the images below (2 thumbs down, 1 thumb down, 1 thumb up & down, 1 thumb up, or two thumbs up).



What did your group do best?

What could your group have done better?
