

Episode 22: Flight or Fight Response

Clip: Dance for All Abilities

Activity: Dance Access

Theme: Dance Skills

Elements of dance: **body, space, dynamics**

1. As a class, view the clip, *Dance for All Abilities*, where Ethan places Tara in a harness and allows her time to dance above the stage. Discuss the message behind the clip. Many people dance: old, young, with and without disabilities. As a class, answer the following questions:
 - a. How would Tara feel being placed in the harness and dancing with restrictions?
 - b. What body parts did Tara use the most, and the least?
2. Have students search for and list a diverse range of dance performances from online sources. They can use **Student Activity Sheet E22.7: Dance Access** to record their findings. For example:
 - a. DV8 Physical Theatre's *The Cost of Living* (See Useful Resources)
 - b. [Touch Compass's Spoke](#) on YouTube (See Useful Resources)
 - c. [Strange Fruit reel](#) on YouTube (See Useful Resources)
3. Have students share the clips and case studies that they have found. As a class, discuss the concept that creativity is not restricted by who and what you work with, but HOW you work within the frameworks around you.
4. Ask students to reflect on the dance clips they researched and list the ways in which choreographers have used movement so that people with a range of abilities and disabilities can perform. Their notes should include:
 - a. Themes
 - b. Spaces used (outdoors, in a theatre, only the floor, etc.)
 - c. Using objects: chairs, wheelchairs, crutches, stilts, aerials, other people

Activity: Dance Access

5. Focusing on one clip, have students note:
 - a. A range of movements used
 - b. The skills required to perform the movement
 - c. The use of costumes and props
 - d. The use of music
6. Divide the class into pairs, and ask each pair to develop a sequence of four movements where they are impeded from full movement. They can use props to accentuate the restriction. For example, tying a leg of each student together like a three legged race, or tying an arm behind their back.

Download

- Student Activity Sheet E22.7: Dance Access

Useful resources

- Ausdance Video Segment 4 - Safe Warm Up, Basic Contemporary Dance.
- [Ausdance Factsheet 16: Caring for the dancer's body](#)
- [Ausdance Factsheet 7: Safe dance floors](#)
- [Ausdance Factsheet 13: Safe spaces for dance](#)
- [Ausdance Factsheet 11: Producing a dance performance](#)
- [DV8 Physical Theatre, UK.](#)
- [DV8 Physical Theatre, UK, Projects, *The Cost of Living* DVD.](#) [Note this dance performance/film contains swearing. Preview to ensure it is appropriate for your class].
- [Touch Compass, *Spoke*](#)
- [Strange Fruit, YouTube](#)



NAME:

Student Activity Sheet:	E22.7	Episode 22:	Flight or Fight Response
Activity:	Dance Access	Clip:	Dance for All Abilities

Dance Access

Pick one of the clips that you saw today to write about for this activity.

Write the name of the clip here:

Describe your first response to seeing this clip here:

Was there a story/theme in this clip? Describe it here:

How did they use the performance space differently?

Describe the range of movements you saw in this clip. What were they limited by?

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Clip: Dance For All Abilities

What sort of skills would you need if you were going to perform these movements?

Did they use costume/props/objects in a unique way? Describe it here:

Did they use music in a different way? Discuss how they used music here:
