

Episode 22: Flight or Fight Response

Clip: Dance for All Abilities

Activity: Duets

Themes: Dance Skills, Safety

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

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 with students the use of props to inspire different ways of moving. These may include chairs, wheels, skateboards, blow up balls, fabric, streamers, hula hoops, etc. where a special quality of movement is present when using the prop (i.e. when using crutches, there is a greater ability to swing, longer and looser). Brainstorm some props and list beside them the way that the movement quality might reflect the use of the prop.
2. In the previous Activities (Activity: Dance Access and Activity: Floor Dance) students were asked to consider what types of movements were suitable for people with specific skills and/or needs. In this activity, they will continue exploring alternative ways of moving by choreographing a duet. It may be a good idea to discuss this activity with students in advance so that students can bring their own props.
3. Divide the class into pairs and ask each pair to develop a one-minute duet based on a particular prop (they may each have a prop). Resources that you will need for the Activity include:
 - i. additional props as back up
 - ii. Up to eight music tracks - these should vary in style (classical, jazz, movie sound tracks, pop, Hip Hop, percussion, different cultures)
4. In each pair, students should decide on the prop/s and the music they wish to use and write up a short proposal which is submitted for approval by the teacher. Have students use **Student Activity Sheet E22.9: Duet Proposal** to develop their ideas. Remind and instruct students on safe and unsafe practices, and hazards, while working in the space. The proposal should also include a list of movements that they wish to use in the duet, and which reflects the use of the prop.

5. In their pairs, the students should create a structure to their dance, choreograph each movement and transition, elect the type and style of music, rehearse with and without their prop, and hone their skills of working as a duet. Have students document each part of their proposal, editing the original one as they change or add things.
6. The finished performance could be presented to an audience: other students, teachers, and invited parents.

Download

- Student Activity Sheet E22.9: Duet Proposal

Useful resources

- Ausdance Video Segment 4 - Safe Warm Up, Basic Contemporary Dance.
- Ausdance Video Segment 10 - Trust Activities for Partner Work.
- [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](#)
- Smith-Autard, J. *Dance Composition: A practical guide to creative success in dance making*, A&C Black; Paperback/DVD edition (August 3, 2010).
- Harrison, K & Auty, J, *Dance Ideas for Teachers, Students and Children*, Hodder & Stoughton, London, UK, 1991.
- Snook, B, *Dance...Count me in*, McGraw Hill, Sydney, Australia, 2004.



NAME:

Student Activity Sheet: E22.9

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Activity:

Duet Proposal Clip:

Dance for All Abilities

Duet Proposal

Record your plans for your one minute duet (based on a particular prop) below:

Student Names:

Title of our Duet:

Props List:

Song of Choice:

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Movements we might use:

Possible Hazards:

How we will avoid any Hazards: