

Episode 19: Fairest and Best

Clip: Dance and Sport

Activity: Fitter, Faster, Stronger

Theme: Dance Skills

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

1. As a class, view the clip, *Dance and Sport*, where the ballet boys and the footy boys set up a competition to test who is fitter, faster and stronger.
2. Initiate a class discussion about which ways playing and training for football would make you fit, fast and strong. Additionally, discuss the same in terms of ballet or dance. On the board or IWB draw two columns and head each one up with the title “Football” and “Dance”. Ask the students to list the skills, attitudes and ethics that a person would aspire to in each code. Also, have students suggest other ways in which non-athletic people can improve their fitness, strength and speed. Use a ‘mind map’ to record their ideas.
3. As a class, undertake the Ausdance Fitness test for dance (see the Useful resources section of this worksheet). Have individual students record their results. The students are paired up for this activity so each student has someone to check their results and provide encouragement, and perhaps healthy competition.
4. The Ausdance fitness test grades endurance, stamina, flexibility and strength but it doesn’t measure speed. Discuss with the class how they could accurately test speed. As a class, develop a speed test. Have students perform this test in pairs or groups and record their results on **Student Activity Sheet E19.2: Speed Test**.

Download

- Student Activity Sheet E19.2: Speed Test
- Ausdance Information sheet: Fitness test for dance

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 14: First aid for dancers](#)
- [Ausdance Factsheet 19: Fuelling the dancer](#)
- [Ausdance Factsheet 18: Occupational health & safety for the dance industry](#)
- Berardi, G, *Finding Balance: Fitness, Training and Health for a Lifetime in Dance*, 2nd ed, Princeton Book Company, Pennington, New Jersey, USA 2005.
- Franklin, E, *Conditioning for Dance: Training for peak performance in all dance forms*, Human Kinetics 2004.
- Kapit, W & Elson, L M, *The Anatomy Colouring Book*, 3rd ed, Benjamin Cummings, Pearson Education, London, UK 2001.
- Anderson, B, *Stretching*, Shelter Publications Inc., California, USA, 2000.
- Arnheim, D, *Dance Injuries: Their Prevention and Cure*, 1991 3rd ed, Princeton Book Company, Pennington, New Jersey, USA.

NAME:

Student Activity Sheet:
Activity:

E19.2
Speed Test

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Dance and Sport

Speed Test

Write your dictionary definition for speed below.

Define Speed:

With the definition of speed in mind, explain your speed test:

What sort of activities could you do to improve your speed over time?

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Use the space below to create a table to document the speed test results for yourself and the others in your group.