

Episode 22: Flight or Fight Response

Clip: Jumps

Activity: Jump for Your Life

Theme: Dance Skills

Elements of dance: body, dynamics

1. As a class, view *Dance Academy* episode 22, *Flight or Fight Response*, where Tara tells Ethan she believes that dancing is the closest thing to flying that she can find on this earth. Discuss the importance of knowing how to jump properly in dance and when jumps are safe to perform.
2. In the previous activities (Activity 22.4: Jump Thrill and Activity 22.5: Jump Safety) students examined safe dance practice for jumping, and also explored a range of jumps for dance routines. Divide the class into smaller groups and ask them to find and document ten dance music tracks that are suitable for different styles of 'jumping'. Small, fast jumps require a faster tempo than medium and large jumps. Generally, the bigger the jump the slower the tempo. (The music may need to be edited. There could be students in your class who could assist with this.) As a class, compare the list of music for each group and develop a cohesive list for different 'jumps'.
3. In small groups of three or four, ask students to create a dance containing the following characteristics:
 - a. 32 counts
 - b. featuring jumping
 - c. different paced movements
 - d. in time to the beat and takes account of the tempo
4. Once the group has choreographed a two-minute dance routine, have students notate their dance on their **Student Activity Sheet E22.6: Jump Dance Notation**.
5. Have each group perform their dance for another group or the whole class. The students should self-evaluate their participation in the process and in the performance.

Download

- Student Activity Sheet E22.6: Jump Dance Notation

Useful resources

- Ausdance Video Segment 4 - Safe Warm Up, Basic Contemporary Dance.
- Ausdance Video Segment 5 - Alignment for Dance, Neutral Spine.
- Ausdance Video Segment 11 - Basic Mirror Activities.
- [Ausdance Factsheet 16: Caring for the dancers body](#)
- [Ausdance Factsheet 7: Safe dance floors](#)
- [Ausdance Factsheet 13: Safe spaces for dance](#)
- [Ausdance Factsheet 14: First aid for dancers](#)
- Ashley, Lx, The Essential Guide to Dance, 2nd ed, Hodder Arnold, London, UK 2002.
- Smith-Autard, J. Dance Composition: A practical guide to creative success in dance making, A&C Black; Pap/DVD edition, 2010.



NAME:

Student Activity Sheet: E22.6 **Episode 22 :** Flight or Fight Response

Activity: **Jump Dance Notation** **Clip:** **Jumps**

Jump Dance Notation

In each of the rows in the table on the following page, notate your jump dance as clearly as possible. Some ideas to include are:

- What happens at each count
- The jump names
- Direction travelled
- Pictures
- Symbols

Counts 1-4

Counts 5-8

Counts 9-12

Counts 13-16

Counts 17-20

Counts 21-24

Counts 25-28

Counts 29-32