

Episode 22: Flight or Fight Response

Clip: Jumps

Activity: Jump Thrill

Theme: Dance Skills

Elements of dance: body, space, time, 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. She is referring to how, for just one moment at the height of a jump, a person can feel weightless, in full flight. Discuss and list the types of jumps students already know about. Prompt them with examples from the playground (hopscotch, skipping, off seats, leap frog) and a range of sports: football, netball, athletics, diving, gymnastics. As a motivation, have students watch the final performance in the movie *Jump In!*
2. As a class, complete a warm-up session in preparation for a 'jump' session. Divide the class into groups of four and give them each **Student Activity Sheet E22.4: Jump Thrill**. Using their sheet, have students find or create four or more jumps for each category below:
 - a. Jumps from 2 to 2 feet
 - b. Jumps from 1 to 1 foot
 - c. Jumps that reach a great height
 - d. Long low jumps
 - e. Jumps with a turn
 - f. Little fast jumps.
3. As an extension activity, have students view [YouTube tutorials on Jumpstyle](#), a dance style that uses basic hopping moves in a range of combinations. This style appeals to many boys who enjoy the stamina aspect of dance and the way it uses creativity within stylistic and technical constraints.
4. Divide the class into groups of four students and provide them with two skipping/jump ropes. As a group activity, the students should develop a one-minute routine made up of different jumps using the rope. Once they have completed this, they should work with a pair to develop a two-minute routine involving different jumps, with and without the rope.

Activity: Jump Thrill

5. Then in their group of four they should develop a four-minute routine where each student performs a solo, as a pair, and as a group.
6. Have students perform their routines for other students and self-assess their style, creativity and skills. Have each group document their routines by writing out their routine and/or videoing it.

Download

- Student Activity Sheet E22.4: Jump Thrill

Useful resources

- Ausdance Video Segment 4 - Safe Warm Up, Basic Contemporary Dance.
- Ausdance Video Segment 5 - Alignment for Dance, Neutral Spine.
- [Ausdance Factsheet 16: Caring for the dancer's body](#)
- [Ausdance Factsheet 7: Safe dance floor](#)
- [Ausdance Factsheet 13: Safe spaces for dance](#)
- [Ausdance Factsheet 14: First aid for dancers](#)
- *Jump In!* (2007), Director P. Hoen, Disney Channel Original Movies, US. (Check the moving rating is appropriate for your class).
- [YouTube: Jump style tutorials](#)



NAME:

Student Activity Sheet: E22.4
Activity: Jump
Thrill

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Jump Thrill Score Sheet

Find or create four jumps in each of the following jump categories:

- Jump from 2 feet to 2 feet
- Jump from 2 feet to 1 foot
- Jump from 1 foot to 2 feet
- Jump from 1 foot to 1 foot
- Really high jumps
- Long low jumps
- Jumps that turn
- Tiny fast jumps

Step 1 - Pick three of the jumps from the above categories and write them in the Jump Categories Column on the next page.

Step 2 - Think of three different ways to perform this jump. Be as creative as you can within each jump category. Write/draw a description in the table below and be sure to name each jump.

Step 3 - Rate your jumps from most creative (1) to least creative (5)

Jump Category	Description of first new jump	Description of second new jump	Description of third new jump
	1. name: _____	2 name: _____	3 name: _____
	Rating	Rating	Rating
	1 name: _____	2 name: _____	3 name: _____
	Rating	Rating	Rating
	1 name: _____	2 name: _____	3 name: _____
	Rating	Rating	Rating