

Activity: Perfect Minutes**Theme: Health and Wellbeing**

1. In the clip, *Pop Videos*, Tara talks about the way that occasionally a song will reflect the threads of a person's life, reeling them into "...three perfect minutes. The theme song of your life for that point in time." As a class, examine the script for *Dance Academy*, Episode 9 *Heartbeat*, particularly, Tara's opening lines when she speaks about the ways songs communicate to individuals. Ask the students the following questions:
 - a. Are there songs that significantly connect with you?
 - b. What is it about the songs that resonate with you? Is it the theme/s, the pace, the look of the video clip, the fashion/costumes, or the celebrities?
2. As a class, make a list of the students' favourite music and re-organise them into themes (love, life, forgiveness, among others) and genres (pop, rock, country, heavy metal, among others).
3. Have students complete **Student Activity Sheet E9.1: Perfect Minutes Worksheet**.
4. Ask students to consider the title music for *Dance Academy*. Have them respond to the questions:
 - a. How important is the title music to the TV series?
 - b. Why do you feel the producers chose this music?
 - c. If the title music was to change, what would you change it to? Why?
5. Ask students to reflect on the theme songs of various television programs and movies and have them discuss what the music says about the character or series. List these on the board for all students to share.
6. As individuals, ask students to suggest a contemporary song that reflects them as a person, at this time in their life. Ask students to pair up with another student and have the pair also suggest a song that represents the other person in the pair. List these songs and share them with the class. Compare what each person selects and why they selected it. Deconstruct what the music says about the person or how they perceive their life.
7. As a class, have students suggest a song that best represents the class, List the suggestions and rate them. Have students consider the criteria they use to select the best song/music.

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Download

- Student Activity Sheet E9.1: Perfect Minutes Worksheet.
- *Dance Academy* Episode 9 *Heartbeat* release script.pdf

Useful resources

- [ABC, Dance Academy website](#) (first year)
- [Television Tunes. com](#)
- [Australian Children's Television Foundation, Trailers for TV programs](#)



NAME:

Student Activity Sheet: E9.1
Activity: Perfect
Minutes

Episode 9: Heartbeat
Clip: Pop Videos

Perfect Minutes Worksheet

Write the name of a song that you relate to really well in the box below. Around the box, using words and illustrations, describe how this song relates to you at this point in your life.