

Episode 19: Fairest and Best

Clip: Dance and Sport

Activity: Sporty Dance

Theme: Dance Skills

Elements of dance: body, 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. Australian culture loves its football. Sometimes dance is seen as a feminine pursuit when in fact it demands physical strength, stamina, flexibility, coordination and balance.
2. Initiate a class discussion about who loves or loathes football. Ask students to suggest the types of football they enjoy and describe what it is about the game that they enjoy. As a class, watch [“The Beautiful Game - A Football Game”](#) by the English National Ballet on [YouTube](#). Discuss and identify which movements in the clip are reminiscent of or directly taken from sport.
3. Divide the class into small groups to choreograph their own “Beautiful Game” dance. This may be derivative of any sport, from golf to netball, soccer to basketball. Have students begin by selecting three different sports and ask them to write down as many actions as they can think of that belong to each sport. They can use spider maps to do this on **Student Activity Sheet E19.3 Plan a Dance**. Ask each group to select a number of actions/movements from each list and create a dance using the movements listed. Encourage them to play with the order of the movements.
4. Finally, have students place their movements into a variety of patterns (a straight line, a diagonal, a V shape, pairs, a circle, etc.). Then, invite each group to perform their dance for each other to the accompaniment of [DJ Enrique's Joga Bonito](#) song, or any other suitable music.

Download

- Student Activity Sheet E19.3: Sporty 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 13: Safe spaces for dance](#)
- [Ausdance Factsheet 14: First aid for dancers](#)
- [Ausdance Factsheet 19: Fuelling the dancer](#)
- [Ausdance Factsheet 18: Occupational health & safety for the dance industry](#)
- YouTube: "[The Beautiful Game - A Football Game](#)" by the English National Ballet
- [Australian Ballet, Behind Ballet, Why football is like ballet](#)
- [ABC, Local footballers get training in dance](#)

NAME:

Student Activity Sheet:
Activity:

E19.3
Sporty Dance

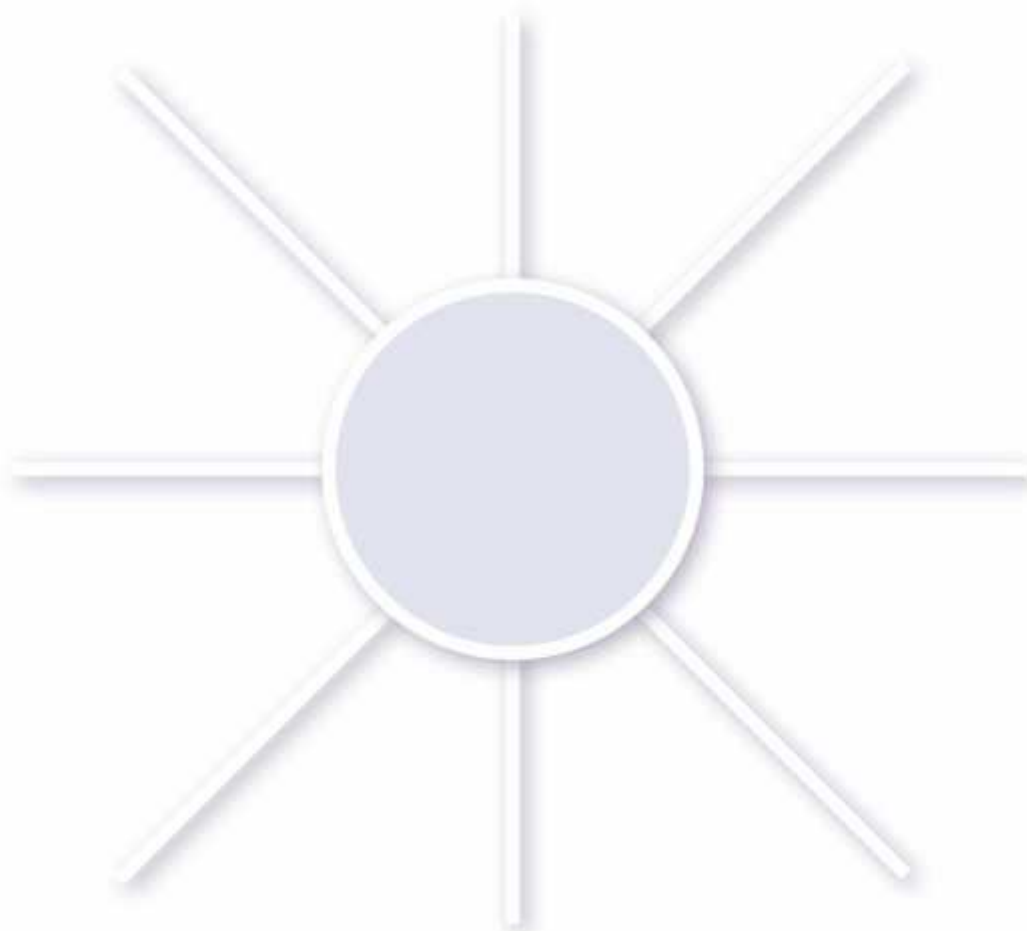
Episode 19:
Clip:

Fairest and Best
Dance and Sport

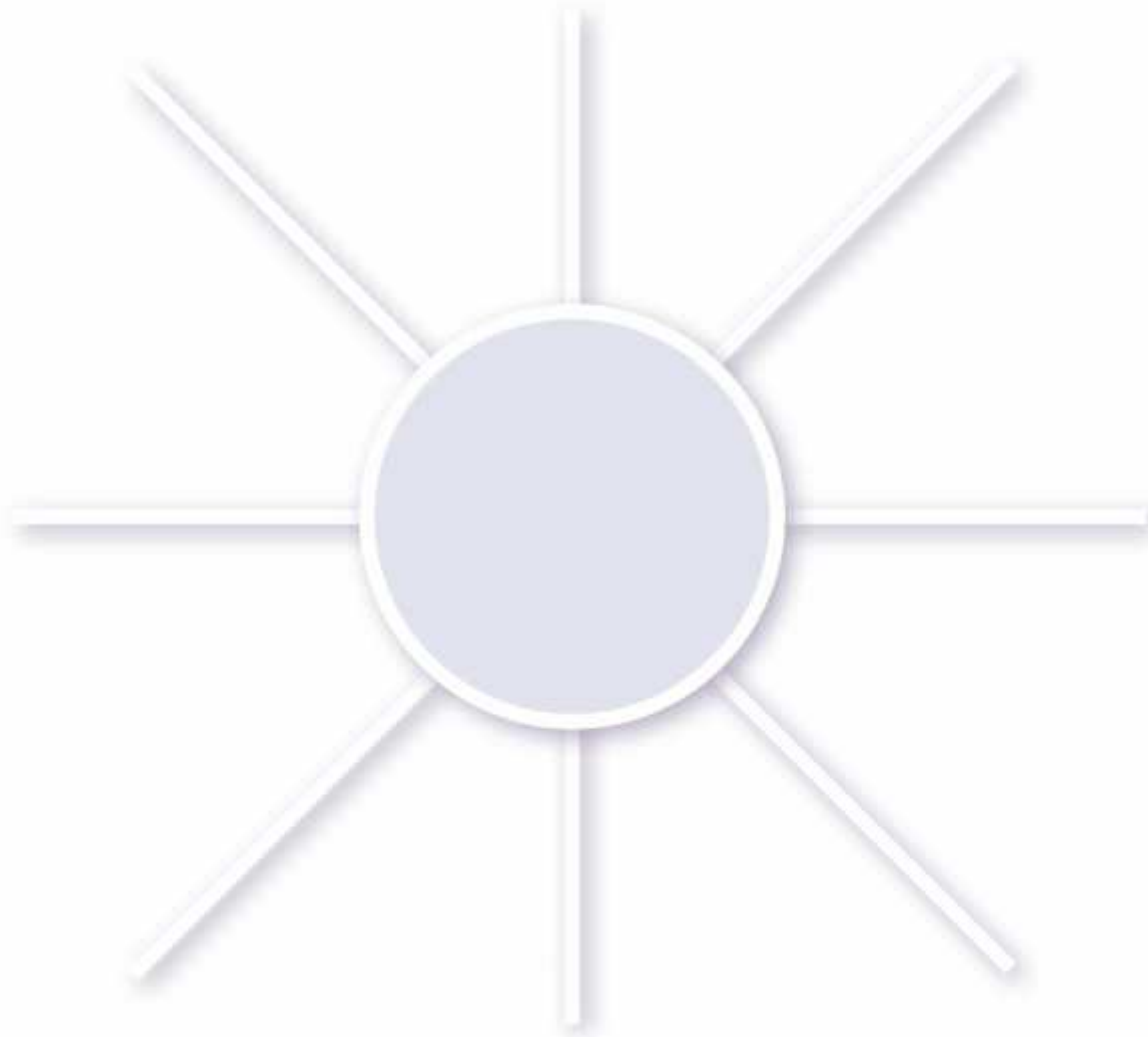
Plan a Dance

Select three sports and create a spider map for each sport. Insert the name of the sport into the circle in the middle and list as many actions/movements belonging to that sport as you can think of at the end of the lines extending out from the circle. For example: Netball - Pivot, shoot, catch, defend, contact, stepping etc. Add more lines to the spider map, to add more actions if you need to.

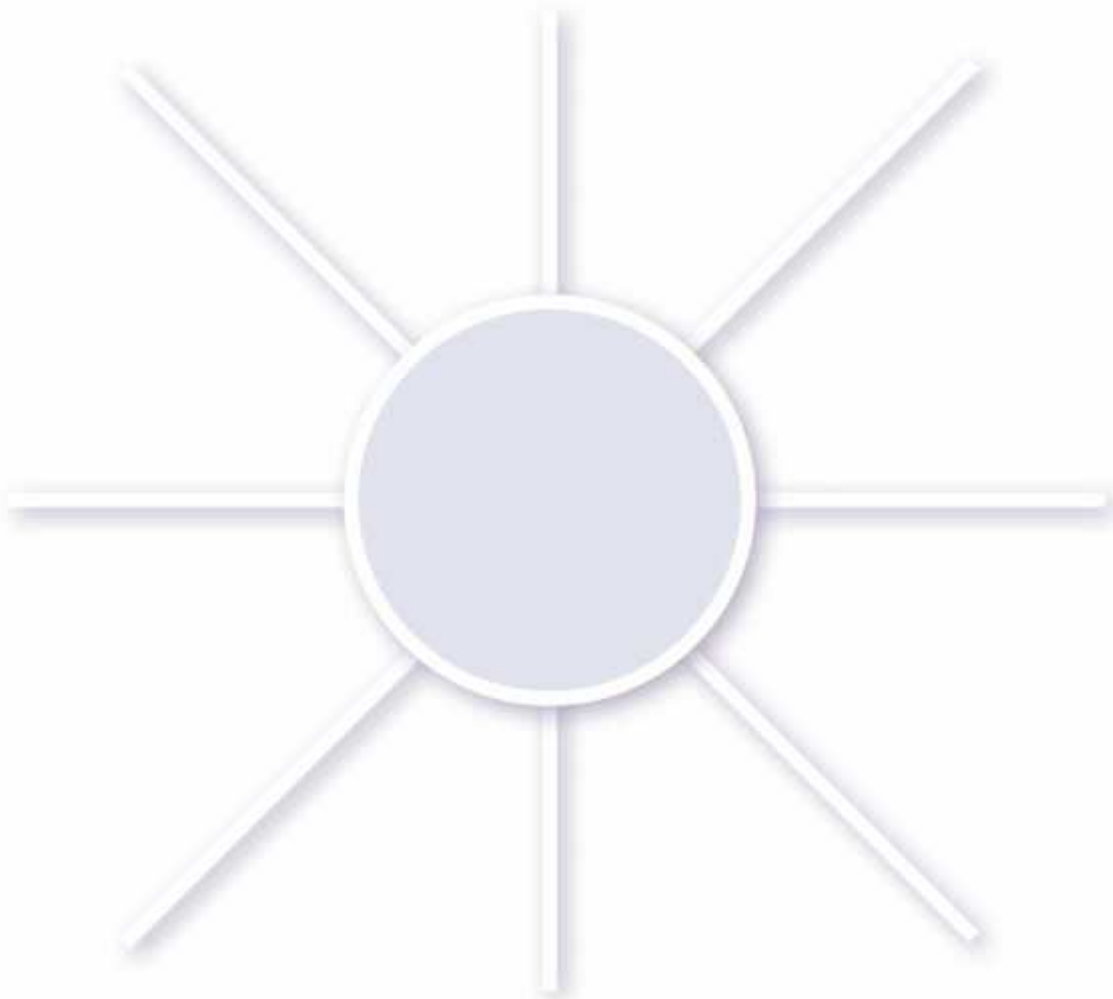
Spider Map 1



Spider Map 2



Spider Map 3



Choose some of the movements/actions from the spider maps to include in your dance routine.
List the movements below:

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Choose some patterns/formations to perform your movements in e.g. a straight line, a diagonal, a V shape, pairs, a circle etc. List the patterns/formations you have chosen to incorporate into your dance routine below:

Now rehearse and perform your dance to the class.