



Clip 1: Dance Training

Episode 2: Week Zero

Activity: Styles of Dance

Theme: Dance skills

Elements of dance: body, time, dynamics

This activity can take place over several lessons, with each lesson focusing on a different dance *phrase*. In Dance, a *phrase* is a group of dance movements combined in a specific order. Dancers usually count in 8's. For students in Years 5–10, a dance *phrase* can total between 8 to 32 counts.

- 1 As a class, view the clip, *Styles of Dance*, and discuss what an audition is and why it is important to be prepared and focused. Ask students to give reasons why the audition process is important for the Academy.
- 2 In a large empty space, provide your students with a warm-up routine. This warm-up needs to be 5-10 minutes in length, containing at least three minutes of continuous, gentle movement (aerobic movements are fine here, but keep them low impact) followed by very simple actions for the joints, and stretches for the major muscle groups.
- 3 To show an example of an audition, go to the [Dance Academy website \(first year\)](#) click on the 'Rooms' menu, then click on the 'Dance studio' menu, then click on the camera icon for 'Auditions and tutorials'. As a group, learn one of the Hip Hop dance *phrases* in the Dance Tutorial video clips. For example, with Sammy (2nd clip) or Kat (4th clip) (these clips are suitable for students at a basic level), or Christian (3rd clip) (this clip is suitable for students who are a little more advanced). For students with elementary ballet technique, offer Abigail's ballet phrase (first clip) as an extension activity.
- 4 Divide the class into two groups. One group performs while the other group is the audience and then vice versa.
- 5 Before the group performances begin, discuss the students' expectations for appropriate audience behaviour.
- 6 After students conclude their performance, ask them again why they think audience behaviour is so important. Ask them to consider the question: As a performer can the

audience behaviour affect your performance? Invite discussion from the class about which dance movements they enjoyed most and ask them to explain why they think this. Also ask students what movements they found difficult and have them explain why.

- 7 Ask students to complete the **Student Activity Sheet E2.2 Post Technique Class Reflection**, including the goals for the unit of dance they will be undertaking.

Download

- Student Activity Sheet E2.2 Post Technique Class Reflection

Useful resources

- [Ausdance Factsheet 11: Producing a dance performance](#)
- [Ausdance Factsheet 10: Warm up and cool down rules for safe dance](#)
- [ABC 3 Dance Academy Website \(first year\)](#) Dance Tutorial Videos: click on the 'Rooms' menu, then click on the 'Dance studio' menu, then click on the camera icon for 'Auditions and tutorials'
- [YouTube: Hip Hop Dance Audition Techniques: Freestyle Popping Hip Hop Example](#)
- [Buzzle.com: Hip Hop Dancing](#)



NAME:

Student Activity Sheet:
Activity:

E2.2
Styles of
Dance

Episode: Week Zero
Clip: Dance
Training

Post Technique Class Reflection

Complete the following PMI chart. In the first row, enter what your personal experience of learning the routine was. In the second row, describe how you performed. In the third row, describe the experience of watching your peers perform.



PLUS

(What worked well for you?)



MINUS

(What didn't work for you?)



INTERESTING

(Other interesting things)

Learning

--	--	--

Performing

--	--	--

Watching

--	--	--