

Clip: Pas de Deux
Episode 4: Minefield

Activity: Trust

Theme: Dance skills

Elements of dance: body, space, time, relationships

1. As a class, view the clip from Episode 4, *Minefield*, showing the pas de deux class. The National Academy of Dance teacher talks about the necessity of trust for successful collaboration.
2. As a class, discuss:
 - a. What do you know about trust?
 - b. Why is it important?
 - c. What inspires trust?
 - d. What restricts or reduces trust?
3. **Trust activity:** If necessary, divide the class into two groups and then into pairs so there are not too many bodies in the space at once, reducing the chance of collision. Play some quiet music to create the right atmosphere in the room.
 - a. One partner is blindfolded and places their left or right arm out in front, bending it at the elbow.
 - b. The other partner stands beside this person, shoulder to shoulder and places their bent arm beneath the other, so they make contact.
 - c. The seeing person will use this position to steer their partner, using small movements of the elbow and hand.
 - d. Take your partner for a slow walk around the room, avoiding proximity with other pairs.
 - e. Allow enough time for the blinded person to relax and understand the signals being sent. Swap groups.
 - f. Repeat the activity.
 - g. Swap groups and change blindfolded partner. Repeat again.
4. Discuss how it felt to be blindfolded. Discuss how it felt to be responsible for the blindfolded person.

Activity: Trust

5. Ensure students are applying safe dance principles including:
 - i. Avoid excessive repetition
 - ii. Avoid fast, uncontrolled movements
 - iii. Avoid lifting

Refer to the *Ausdance Video Segment 10 – Trust Activities for Partner Work* (see 'Useful resources' below).

6. Give the students two balance holds to test one another in pairs. Ask students to use the **Student Activity Sheet E4.1: Trust Score Cards** to evaluate the movements that require them to balance and share weight. Students can use the Student Activity Sheet to score themselves on their first, second and third attempts. Note: Students should keep their stomach muscles taut where indicated.

Download

- Student Activity Sheet 4.1: Trust Score Cards

Useful resources

- Ausdance Video Segment 10 - Trust Activities for Partner Work
- Ausdance Video Segment 4 - Safe Warm Up, Basic Contemporary Dance
- [Ausdance Factsheet 14, First Aid for Dancers](#)
- [Ausdance Factsheet 7, Safe Dance Floors](#)
- [Ausdance Factsheet 13, Safe Space for Dance](#)
- [The Australian Ballet, Partnering](#)
- [The Australian Ballet, Discovering Dance \(Education Information Kit\) – The Art of Pas de deux \(see page 10\)](#)
- [The Arts Centre, Collections and Research, Dance](#)

NAME:

Student Activity Sheet: E4.1
Activity: Trust

Episode : Minefield
Clip: Pas de deux

Trust Score Cards

What are the important things to remember when balancing?

- 1.
- 2.
- 3.

Keep all of this in mind while you score yourselves on each attempt. You are scoring your team effort....

Balance Title:

Attempt 1



We were excellent at:

We need to work on:

Balance Title:

Attempt 1



We were excellent at:

We need to work on:

Attempt 2



We were excellent at:

We need to work on:

Attempt 2



We were excellent at:

We need to work on:

Attempt 3

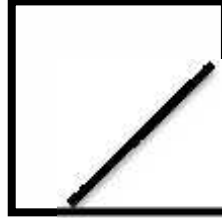


We were excellent at:

We need to work on:

Well done!!

Attempt 3



We were excellent at:

We need to work on:

Well done!!