

BTEC Dance Summer Independent Learning Activity

Welcome to BTEC Dance, please complete the following tasks ready for your first day.

Task 1: Understand the structure and function of the human body. For this task you need to create a presentation on several bodily structures showing an understanding of how each of these supports the 'Healthy Dancer'. This should also include specific detail of how each area is used or developed in a variety of tasks during rehearsal and performance.

Bodily structure:

1. The function of the skeleton -
 - how the bones support, move and protect
 - Main areas of the body - spine, shoulder, legs
 - Alignment of the body in relation to dance technique
2. Muscle groups -
 - Tendons
 - Ligaments
 - Movement of the skeleton - flexion, extension, adduction and abduction.
3. Circulatory system
 - How blood is transported around the body to support the dancer.
4. Respiratory system
 - How the body regulates its temperature in relation to dance classes and performances.
5. Nervous system
 - How the body detects pain
 - How dancers use their long term memory

Throughout this presentation knowledge of each of the bodily structures should be linked to the training and development of a dancer.

Task 2: Create a mood board containing the main food groups and comment on how each of the groups;

- Repair muscle
- Release energy

- Aid concentration
- Rehydrate

You should give clear and considered examples.

Task 3 : Research the following three styles of dance;

- Contemporary
- Jazz
- Urban/Commercial

With each of the following styles answer the following questions (this can be done in a word document or written

- 1) What are the stylistic features of this style?
- 2) Name three choreographers that use this style of dance
- 3) Explain the main movement components of this style of dance, *e.g- Contemporary – swings, use of breath etc.*
- 4) How is the body used within each style e.g what muscles are used the most? *For example in ballet the position of turn out uses the **abductor and adductor** muscles frequently.*
- 5) Evaluate how this style of dance is used in dance pieces and performances *e.g – telling a story, to showcase technique, to entertain in music videos etc...* Ensure you note your own opinion on the style.

Please ensure you bring this work to your first Dance class in September.