

MAKING THE LEAP

From GCSE to A Level Dance



By Miss Billington

CHOSEN TO STUDY A LEVEL DANCE?

An exciting and diverse specification, accessible for all

A-level Dance is a dynamic qualification which encourages you to develop your creative and intellectual capacity, alongside transferable skills such as team working, communication and problem solving. All of these are sought after skills by higher education and employers and will help you stand out in the workplace whatever your choice of career.

This specification reflects both historical and current dance practices, making it more relevant, and inspires a lifelong passion and appreciation for dance.

What Is This Pack And How To Use It

The activities in this pack will help you make the move from GCSE to A Level Dance. You are encouraged to use this pack before and during your 2 year course to encourage you to become an autonomous, motivated and resilient A Level Dance student.

The activities cover a range of skills that are required on the course in the following areas:

- technical and performance skills
- the process and art of choreography
- the interrelationship between the creation, presentation and viewing/appreciation of dance works
- the development of dance placed within an artistic and cultural context
- professional dance works and the significance of these works
- subject specific terminology and its use.

Some of the activities are short, others can be repeated and some might take longer to complete. Begin by picking those which appeal to you most. Between now and the start of the course try to complete a selection of different coloured activities. This way you will be practising and developing a range of skills needed for the course. Once completed, tick the activities that you have done.

KEY

Green = Further Reading/Research

Blue = Practical Task

Pink = Creative Task

Orange = Visual and/or written task

1. Read the article 'Akram Khan: The Master Mover who redefined dance' and consider the questions provided. <input type="checkbox"/>	2. Learn the cheeky and mischievous cygnet dance from Matthew Bourne's 'Swan Lake' <input type="checkbox"/>	3. Imagine that the floor is clear glass or plastic and covered in sand with an audience sat below looking up. Create a short sequence of movement that would be interesting seen from below <input type="checkbox"/>	4. Follow your named practitioners and their respective companies on Twitter. What are the latest developments in the field? <input type="checkbox"/>
5. Create a short site sensitive sequence of movement in response to your chosen surrounding (e.g. the stairs, a chair, garden etc) <input type="checkbox"/>	6. Write a review for The Guardian's 'The Stage' on a Dance work you have watched recently. <input type="checkbox"/>	7. Read the article 'Dance is not a museum; how ballet is reimagining problematic classics' and consider the questions provided. <input type="checkbox"/>	8. Take part in a body conditioning class for dancers. <input type="checkbox"/>
9. Watch 3 suggested music videos that have been choreographed by contemporary dance choreographers. <input type="checkbox"/>	10. Read the article 'Rambert at 90' and consider the questions provided. <input type="checkbox"/>	11. Participate in a Rambert Online Contemporary Technique class <input type="checkbox"/>	12. Improvise for 10-15 minutes purely focusing on how the body can move in the following ways: Twist, Reach, Curve, Invert <input type="checkbox"/>
13. Take part in a dance class in a style outside of your comfort zone. <input type="checkbox"/>	14. Create a short sequence of movement inspired by the kinetic wind sculptures of Anthony Howe <input type="checkbox"/>	15. Start a 'Dance Journal'. Fill it with whatever inspires you. This can be dance and non-dance related (images, stories, music, people, anything!) <input type="checkbox"/>	16. Explore the Rambert Archive. <input type="checkbox"/>
17. Research Task: What exactly is contemporary dance anyway? <input type="checkbox"/>	18. Learn movement from the solo 'Ruby Tuesday' from Rooster by Christopher Bruce. <input type="checkbox"/>	19. Create a phrase based on the personal qualities of a friend/relative. Send it to them and ask for feedback. <input type="checkbox"/>	20. Watch a range of dance related documentaries available on the BBC Arts page. <input type="checkbox"/>

****For external links and further guidance on tasks see page 4.****

Resources and Additional Guidance:

All work is to be sent to me by Phase 3 deadline: Thursday 2nd September

1. Read the article 'Akram Khan: The Master Mover who redefined dance'

<https://www.theguardian.com/stage/2018/may/22/akram-khan-the-master-mover-who-redefined-dance-xenos-sadlers-wells#>

Questions to consider:

What are the key points of the article?

What information do you believe is important to retain?

What is the most relevant quotation you could use in future essays?

If completing this task; please type up on a word document and email the document to me – leb@hardenhuish.wilts.sch.uk

2. Learn the cheeky and mischievous Cygnet Dance from Matthew Bourne's Swan Lake

https://www.youtube.com/watch?v=T7C9FR9nO_c

Enjoyed that? Try this..

<https://www.youtube.com/watch?v=6rW1FPZEDZY&t=203s>

If completing this task; please film yourself performing the dance and write a statement of how you found the dance. Upload film and statement to email or upload film to Microsoft Stream and send me the link – leb@hardenhuish.wilts.sch.uk

3. Imagine that the floor is clear glass or plastic and covered in sand with an audience sat below looking up. Create a short sequence of movement that would be interesting seen from below

A large part of contemporary dance technique is floor based. The more you can explore the floor and gravity as an additional surface the more original and complex your choreography will be.

If completing this task; please expand and develop your movement phrase you completed in Phase 2. Film your development phrase and write a supporting statement on what you have developed. Send to me via email or upload to Microsoft Stream and send me the link leb@hardenhuish.wilts.sch.uk

4. Follow your named practitioners and their respective companies on Twitter to keep up to date with the latest developments.

Some Suggestions:

@AkramKhanLive @rambertdance
@AlstonDance @JVCompany
@CherkaouiLarbi @New_adventures
@SirMattBourne

5. Create a short site sensitive sequence of movement in response to your chosen surrounding (e.g. the stairs, a chair, garden etc)

Contemporary Dance isn't just made for theatre settings, it can be seen almost anywhere with many choreographers opting for site sensitive/site specific works. **Take a look at these examples for inspiration:**

<https://www.youtube.com/watch?v=DHFzWh4dDL4&t=109s>

<https://www.youtube.com/watch?v=EfQbA0AdZvg>

If completing this task, please film your routine and either email it to me or upload it to Microsoft Stream and send me the link. Please write a supporting statement explaining what surrounding you chose and what you tried to focus on eg – connection with the fence, creating levels with the steps, minimal contact with the chair etc and explain what types of movements you used to achieve this.

6. Write a review for The Guardian's 'The Stage' on a Dance work you have watched recently.

Check out the latest dance reviews for inspiration:

<https://www.theguardian.com/stage/dance+tone/reviews>

If completing this task, please write review on the word document and email word document to me – leb@hardenhuish.wilts.sch.uk

7. Read the article 'Dance is not a museum; how ballet is reimagining problematic classics' and consider the questions provided.

https://www.theguardian.com/stage/2020/jan/09/ballet-reimagining-classics-colonial-politics-dance-race-identity?CMP=share_btn_fb

Questions to consider:

What are the key points of the article?

What information do you believe is important to retain?

What is the most relevant quotation you could use in future essays?

If completing this task; please type up on a word document and email the document to me – leb@hardenhuish.wilts.sch.uk

8. Take part in a body conditioning class for dancers

Recommendations:

Dancer Body Sculpt: <https://www.youtube.com/watch?v=WRsRH4rbJKE>

Dancer Thigh Sculpt: <https://www.youtube.com/watch?v=8FA8v1BhPQE>

Fully Body Dancer Sculpt: <https://www.youtube.com/watch?v=euT1bF3KIE8>

Ballet Leg Workout <https://www.youtube.com/watch?v=bOU86TKXyD0>

Ballet Abs: <https://www.youtube.com/watch?v=Ni1wNEdGtos>

If completing this task; please type up on a word document what class you completed and your thoughts on it class. Likes, don't likes etc and email the document to me – leb@hardenhuish.wilts.sch.uk

9. Watch music videos that have been choreographed by contemporary dance choreographers.

With a rise in popularity, contemporary dance choreographers are being commissioned to work collaboratively with musicians and artists in music videos, festivals and concerts. **Read the link below and watch some videos in full to see how these experimental choreographers are entering the commercial world of music videos.**

<https://www.sleek-mag.com/article/contemporary-dance-collaborations/>

If completing this task; please type up on a word document what videos you watched and what you found interesting about the choreography. Please email the document to me at leb@hardenhuish.wilts.sch.uk

10. Read the article 'Rambert at 90' and consider the questions provided.

<https://www.theguardian.com/stage/2016/jun/06/rambert-dance-company-at-90-dance-stardust>

Questions to consider:

What are the key points of the article?

What information do you believe is important to retain?

What is the most relevant quotation you could use in future essays?

If completing this task; please type up on a word document your answers and email them to me – leb@hardenhuish.wilts.sch.uk

11. Participate in a Rambert Online Contemporary Technique class

<https://www.youtube.com/watch?v=dj6qi9lnDtk&t=2022s>

<https://www.youtube.com/watch?v=NnavBN3LAB4>

<https://www.youtube.com/watch?v=VMMBo9XGzml>

<https://www.youtube.com/watch?v=QCnn7YAI95I>

If completing this task; please type up on a word document what class you took and your thoughts and feelings on the class and email to me – leb@hardenhuish.wilts.sch.uk

12. Improvise for 10-15 minutes purely focusing on how the body can move in the following ways: Twist, Reach, Curve, Invert.

Film yourself doing this task. Review it and consider the following for next time:

Do you have any movement tendencies?

How can you make your movement more complex and inventive?

Do you explore a range of spatial pathways within the body?

Are there any body parts that you don't include?

If completing this task; write your answers on a word document and email the document to myself on leb@hardenhuish.wilts.sch.uk

13. Take part in a dance class in a style outside of your comfort zone.

Contemporary choreographers draw from a range of influences and styles to create movement that is distinctive to them. Challenge yourself to see how you can incorporate other styles into your choreography to create your own unique movement language.

If completing this task; please write on word document what class you have taken part in and write down your thoughts and feelings eg – why is this dance style out of your comfort zone? Did you enjoy it, despite being out of your comfort zone? Did you learn anything – whether that is about the particular dance style or yourself? Would you do it again? Please email this work document to myself – leb@hardenhuish.wilts.sch.uk

14. Create a short sequence of movement inspired by the kinetic wind sculptures of Anthony Howe

<https://www.youtube.com/watch?v=J4l5rHNSq9s>

If completing this task, please film your routine and either email me or upload to Microsoft Stream and send me the link – leb@hardenhuish.wilts.sch.uk

15. Start a 'Dance Journal'. Fill it with whatever inspires you. This can be dance and non-dance related (images, stories, music, people, anything!)

If completing this task; please take some photos of your dance journal and email them to me on leb@hardenhuish.wilts.sch.uk

16. Explore the Rambert Archive

<https://www.rambert.org.uk/explore/rambert-archive/>

This task can be repeated several times over. There are a wealth of excellent resources on Rambert's website which are essential for any A Level Dance student. Consider the following each time you visit:

What new information have you gathered?

In what kind of context could you use this information?

What is the most important piece of information you will take away from your visit to the Archive

If completing this task; complete on word document and send word document to myself – leb@hardenhuish.wilts.sch.uk

17. Research Task: What exactly is contemporary dance anyway?

Find it difficult to explain exactly what contemporary dance is? You're not alone. Read the article and watch the video to help you understand further.

<http://www.thedancemovement.co.uk/blog/what-is-contemporary-dance>

If you are completing this task, I would like you to explain to me what contemporary is **IN YOUR OWN WORDS** on a word document and send me the word document on leb@hardenhuish.wilts.sch.uk

18. Learn movement from the solo 'Ruby Tuesday' from Rooster (1994) by Christopher Bruce.

https://www.youtube.com/watch?v=0jkh_Y8cdq8

Have a go at learning some of the choreography of your compulsory set work. This section is arguably one of the most well known and is a great example of Christopher Bruce's style.

If you are completing this task; please film yourself performing the choreography and either send me the video via email or upload it to Microsoft Stream and send me the link – leb@hardenhuish.wilts.sch.uk

19. Create a phrase based on the personal qualities of a friend/relative. Send it to them and ask for feedback.

A large part of the A Level Dance course is being able to listen and respond to feedback effectively. A dancers work is never complete! Send a friend/relative a short dance about them (think of it like a poem in movement) and ask them to comment on it.

If you are completing this task; please note down their feedback on a word document and your thoughts on the feedback that was given to you and send this to myself on leb@hardenhuish.wilts.sch.uk

20. Watch a range of dance related documentaries available on the BBC Arts page.

<https://www.bbc.co.uk/programmes/articles/1McmDCPXN03gfYzrmC9xw18/dance-exclusive-films>

If you are completing this task; write on a word document which documentary you are watching and what things you have learnt from watch the documentary and send to me – leb@hardenhuish.wilts.sch.uk