

Year 8 Dance Summer Term

Key Vocabulary	Definition	What is RADS an acronym for?	Relationships Actions Dynamics Space
Choreography	The art of creating dance.	The 5 basic body actions	Jump Turn Travel Gesture Stillness
Stimulus	The starting point for a choreography		
Motif	A series of actions, linked to a theme that can be repeated and developed.		
Action	What a dancer does e.g. travelling, turning, elevation, gesture, stillness, use of body parts, floor-work and the transference of weight	The 5 different types of jumps	1 foot to 1 foot 1 foot to the other foot 1 foot to 2 feet 2 feet to 1 foot 2 feet to 2 feet
Space	The 'where' of movement such as levels, directions, pathways, shapes, designs and pattern		
Dynamics	The qualities of movement based upon variations in speed, strength and flow (e.g. fast/slow, light/heavy)		
Relationships	The ways in which dancers interact; the connections between dancers (Canon, Unison, Contact)	Set work	Emancipation of Expression (Freedom)
Unison	Two or more dancers performing the same movement at the same time.	Choreographer	Kenrick H2O Sandy
Canon	Dancers performing movement one after the other.	Company	Blue boy entertainment
Accumulation	When a dancer performs a series of movements and others join in at different times until all perform in unison.	Date premiered	May 2013
Contact	Where 2 or more dancers touch, lean on, support or lift each other each other	Dance style	Hip hop– Krumping, Breaking, Popping, Lokcing , Breaking and Waacking
Formation	Shape, pattern or arrangement created by the dancers in the performance space	Performance space	Proscenium Arch
		Four sections and themes of the dance	Genesis, Growth and struggle, Connection and flow between people and empowerment

Expressive Skill	Definition	Physical Skill	Definition	Mental Skill	Definition
What are Expressive skills?	Aspects that contribute to performance artistry and that engage the audience, such as focus and musicality.	What are physical skills?	Aspects enabling effective performance such as posture, alignment, balance, coordination, control, flexibility, mobility, strength, stamina, extension and isolation.	What are mental skills?	What is going on in a dancer's mind when they learn, rehearse and perform.
Projection	The energy the dancer uses to connect with and draw in the audience.	Posture	The way the body is held.	What are the 3 C's?	Commitment Concentration Confidence
Focus	Use of the eyes to enhance performance or interpretative qualities.	Alignment	Correct placement of body parts in relation to each other.	Movement Memory	The automatic recall of learned movement material, without conscious thought.
Facial Expression	Use of the face to show mood, feeling or character.	Balance	A steady or held position achieved by an even distribution of weight.	Systematic Repetition	Repeating something in an arranged or ordered way.
Spatial Awareness	Consciousness of the surrounding space and its effective use.	Control	The ability to start and stop movement, change direction and hold a shape efficiently.	Mental Rehearsal	Thinking through or visualising the dance.
Phrasing	The way in which the energy is distributed in the execution of a movement phrase.	Coordination	The efficient combination of body parts.	Rehearsal Discipline	Attributes and skills required for refining performance such as commitment, systematic repetition, teamwork, responsibility and effective use of time.
Musicality	The ability to make the unique qualities of the accompaniment evident in performance.	Extension	Lengthening one or more muscles or limbs.		
Sensitivity to other dancers	Awareness of and connection to other dancers. Though eye contact, contact, awareness of others in the space.	Flexibility	The range of movement in the joints (involving muscles, tendons and ligaments).		
Communication of intent	Successfully communicating the choreographer's aim for the dance	Mobility	The range of movement in a joint; the ability to move fluently from action to action.		
		Strength	Muscular power.		
		Stamina	Ability to maintain physical and mental energy over periods of time.		