DANCE STUDIES

Dear Grade 12 Dance Studies learner

Congratulations on reaching your final year of Dance Studies. By now you must have realised that this subject requires time, patience, passion and dedication. Hopefully you are enjoying participating in the practical dance sessions and find the theory interesting and stimulating. Whether you are looking forward to a career related to dance or to using your skills and knowledge to get fit, for recreation or for entertainment, your efforts will bring lasting results.

Subject Requirements

You will need the following:

- Appropriate dancewear for the dance form to be brought to school daily
- Dance textbook and study guides
- Workbook and journal

Content Checklist

Below is a list of the main Dance Studies theory concepts and content to assist you in determining the work you need to cover to prepare adequately for your final theory National Senior Certificate examinations. Use the list below to draw up your theory revision programme:

Dance History and Theory

- Values and functions of dance in society
- Principles and characteristics of your dance major
- An indigenous or cross-cultural dance, including its name, country/culture, historical context, characteristics, musical accompaniment, purpose, symbolism, costumes, props, dancers
- Prescribed South African and international choreographers of choice (one or two of each)
- A prescribed dance work of each of the selected choreographers, including title, choreographer, music, synopsis/ intention, historical context, movement vocabulary, production elements (costumes, sets, props, lighting), dancers and symbolism
- Dance related careers: job description, training and skills needed, training providers
- Choreographic elements and structures
- Production planning: financial, marketing, scheduling, logistics
- Dance terminology: definitions and explanations
- Designing a community dance project

Music

- Time signatures, note values
- Simple and compound time
- Music elements, terminology and explanations
- Western and African instruments: categories and how the sound is created

• Music of the prescribed dance works you have studied, including the composer, musicians, music styles, genres, instrumentation and contribution of the music to the prescribed dances

Anatomy and Health Care

- Bones, joints, major muscles and their anatomical actions
- Components of fitness: strength, flexibility, control, endurance, core stability, nutrition, neuromuscular skills, posture
- Lifestyle choices: substance abuse (drugs, diet pills, cigarettes, alcohol), diet, HIV and AIDS and safe sex
- Injuries: types, causes, care, prevention
- Causes and effects of fatigue, tension, stress and relaxation
- Nutrition and hydration

Assessment

School-based assessment 25%

Term 1: Theory and practical tests

Term 2 & 3: Theory and practical examinations

In addition, you will need to present **three PATs** during the first three terms including:

- Performing an indigenous dance, and presentation of background research
- 2. A group dance, and
- 3. Your own choreography, including a journal.

Final written and practical exams 75%

Paper 1 Theory Section A: History, literacy, theory: 70 marks Section B: Music: 20 marks Section C: Anatomy, health care: 60 marks

Paper 2 Practical 150 marks

Your final external practical dance examination will consist of the following:

- A 30-minute comprehensive set class in the dance major to evaluate your technical ability (Make sure you know the classwork well and can focus on performance quality.)
- A choreographed set solo dance of 2 minutes in your dance major (You need to personalise your solo.)
- A solo or group improvisation (practise improvising alone and with others.)

Tips for Success

- Dance Studies has a very full programme, so you need to work consistently and not leave tasks for the last minute. You need to manage your time so that you can develop your practical dance abilities and complete the performance assessment tasks (PATs) within the required time.
- Be sure to stretch regularly and practise dancing daily - especially during examination times and the June-July holidays - so that you keep up your strength and stamina.