GRADE 8

TERM 3

DANCE

WORKSHEETS

Activity 1

Compare the two columns and match the correct answers

	Column A		Column B
1.1	types of outfit expected to be worn by dancers in a dance class during dance performance, tight loose, colour are expected depending on the type of dance	A.	**Dance conventions**
1.2	Increase heart rate, Increase intake of oxygen, Increase joint and muscle flexibility.**,** prevent injuries, focus one's mind during rehearsal	B.	**Personal hygiene:**
1.3	movements the body can perform during dance moves: locomotor and or non-locomotor/axial movements,	C.	**Dress code for a dance class:**
1.4	they help dancers to behave in an acceptable way that will make them respected and valued, if followed exactly, they ensure best possible environment for learning and mastering the discipline of dance	D.	**Purpose of warming up and cooling down**
1.5	dancers sweat as they exercise so the must use deodorant and they must wash regularly to minimise body outdoor	E.	**Action::**

Activity 2

Choose the correct term inside the box that give a complete meaning of the explanation

Exaggerate, Yoga**,** elements of dance: Dance sequence: Dance technique:

2.1 …….....means to emphasise, overstate or overdo dance movements.

2.2 …….is a series of exercise that help you control your body and mind

2.3 The tools or ingredients that make up dance are known as …….

2.4 ……. a series of short and related dance movements put together to form a choreography

2.5 ……. the correct way to execute movements in dance

Activity 3

Find the correct explanation of the following words on your own

3.1 Body :_____

3.2 Space :_____

3.3 Relationship:_____

3.4 Time :_____

3.5 Energy :_____

Activity 4

explain the following Careers to show that you understand them

4.1 Choreographer: _____

4.2 Dance therapist":_____

4.3 Dance writer: _____

4.4 Dance manager: _____

4.5 Rehearsal Director: _____

Activity 5

Read the extract below as taken from Wikipedia, the free encyclopaedia

https://en.wikipedia.org/wiki/Gumboot_dance

Summerise the dance in a paragraph using your own words and understanding

- **circular leg movements**

Gumboot dance

From Wikipedia, the free encyclopedia



Gumboot dancers

The **gumboot dance** (or Isicathulo is a South African dance that is performed by dancers wearing wellington boots. In South Africa these are more commonly called *gumboots*.

The boots may be embellished with bells, so that they ring as the dancers' stamp on the ground. This sound would be a code or a different calling to say something to another person a short distance away. This was used to communicate in the mines as there was strictly no talking otherwise there would be severe, drastic punishments at the discretion of their superior. The mines were very noisy workplaces, with pneumatic drills at work most of the time; in those days (until the mid 1970s) ear-defenders did not exist in South African mines.

Origin

Rooted back in the dark gold mine tunnels of South Africa, gumboot dancing has come full circle. Initially a codified tap used by black miners deprived of conversation, gumboot dancing today is one of the most expressive South African dance genres.

Description



Gumboot dancer in Olomouc, Czech Republic at a show about Zulu culture

Gumboot dancers are commonly sighted on the streets and plazas of tourist areas in South Africa such as the Victoria & Alfred Waterfront in Cape Town. Many of the steps and routines are parodies of the officers and guards who controlled the mines and barracks of South African gold miners. Like other forms of African dance, Gumboot utilizes the concepts of polyrhythm and total body articulation, drawing from the cultural dances of the African workers that worked the mines. It is a percussive dance made by idiophones or autophones (objects of the everyday life vibrating by themselves), and is similar in execution and style to forms of "stepping" done by African-American fraternities and sororities.

Appearances outside core context The dance is the highlight of the performance of Black Umfolosi, a prominent South African folk group.

The album *Graceland* by the American pop singer Paul Simon has a song titled "Gumboots", which is performed in the style of South African township jive (mbaqanga) and contains performances by members of the Boyoyo Boys.

The British-American composer David Bruce has written a clarinet quintet entitled "Gumboots", which was inspired by Gumboot dancing. It was commissioned by Carnegie Hall in 2008 and can be heard in full on their website, performed by Todd Palmer and the St. Lawrence String Quartet.

Since a South-African student introduced gumboot to his classmates from all over the world at Pearson College UWC, the international school has kept this tradition through the Gumboot Core Team – a group that trains the steps, learns about the culture, and keeps the respect for it alive on campus for over 45 years now. The group respects the origins of the dance and tries to be as authentic and educative as possible when performing. At the beginning of every year,

around the months of March and April, the team is responsible for choreographing and performing at the One World festival, an annual concert in Victoria, BC.

Since the 1990s and 2000s, Drakensberg Boys' Choir School based at gumboot dancing the folk-African part of their repertoire and white gumboots are the part of the second variant of their concert costume (the first variant is a classical "white man's" costume).

In 2017, World of Step was established by Creative Director, Chuck Maldonado and Founder of Art of Stepping, Jessica 'Remo' Saul in direct response of preserve the historical component of gumboot dance to be shared to the mass.

Your summery should speak:

- to the origin of the Dance
- Dance moves
- Type of music
- Audience
- Economically
- The dance presently (is it still functioning and interesting
- What is your conclusion about the dance and the present time and situation

Question 6

Read the explanations in Column B and match with the relevant dance styles in column and.

Column A	Column A
5.1 **Pantsula Dance**	A dance rhythm from the Congo (DRC), where the hips move back and forth while the hands move to follow the hips.
5.2 Kwas-kwasa,	a form of self-expression and a way of life—it is the way many South Africans dress, speak, and dance. It is a street style as lifestyle, where the music reflects life in the townships, much the same way hip hop reflects life in the American ghetto.
5.3 Gqom-Vosho	A popular South African dance move/style. The distinguishing factor of the dance move/style is the continuous winding of one leg. It is often done with minor variations from other dance moves/styles.
5.4 Gwara-gwara	(a South African township **dance**) that was created during apartheid. step by step that build up to a short choreography
5.5 Kwaito,	A dance that is performed following the music that is derives from an onomatopoeic combination of click consonants in the isiZulu meaning a hitting drum.

Activity 7

Design the rules in your dance class in a chart or an A3 paper

Activity 8

Carefully look at the four pictures below and answer question based on them

7.1 Tap dance is a form of dance characterized by using the sounds of tap shoes striking the floor as a form of percussion	A.	Vosho dance
.7.2 Footwear called pointe shoes (also known as toe shoes). With their flat, stiff fronts and special construction, pointe shoes give ballerinas the footwear that helps them stay on their toes and wow audiences.	B.	 https://www.ft.com/__origami/service/image/v2/images/raw/http%3A%2F%2Fcom.ft.imagepublish.upp-prod-eu.s3.amazonaws.com%
7.3 A South African dance where the person squats and kicks at the same time. It is one of the most popular dances in South Africa.	C.	 https://encrypted-tbn3.gstatic.com/shopping?q=tbn:ANd9GcQmjixtY3scBXqHtOkX
7.4 Place free of any harm or threats, free from of obstacles like furniture, building support structures, shoes and clothes	D	 https://images4.pricecheck.co.za/images/objects/hash/product/525/73e/ca9/image_big_159099615.jpg?1557271750
7.5 Africa traditional dance shoes	E	Sitting a safe environment

TERM 3 PRACTICAL ASSESSMENT ASK ART FORM: DANCE

Activity Compose a short dance sequence combining dance elements of space, time and force (STE) with use of varying directions, levels and tempo

Task for: 25 Marks in 3 to 5 minutes, your dance must show the following:

- Harmony in performance as a group
- Choice of the dance style:
- Use of elements of dance STE
- Connectivity with the audience
- Overall dance performance presentation

Date: _____ **End Date:** _____

Name your Dance _____

Group members: _____ _____

_____ _____

_____ _____

Group dance performance using dance elements						
	Not achieved 0	**Below standard 1**	**Average 2**	**Good 3**	**Very good 4**	**Excellent 5**
Harmony in group performance	No harmony as group	Does not work well with group	Very little harmony in participation as a group	Harmony in participation as a group	Harmony works well with rest of group	Harmony and team spirit
Choice of the dance style	Not chosen	Shown but confusing	Just chosen and mixed up	Clear style chosen	Identifiable and performed exactly as expected	Original dance style and performance exceeded expectations
Use of elements of dance STE	No elements in the dance	One element used more than others at the expense of other elements	Elements used do not make sense and do not connect	Combination of elements at acceptable level	Elements are professionally Combined	Excellent use of dance elements exceeded expectations
Connectivity with the audience	No Connectivity with the audience	Connectivity with the audience here and there	Connectivity with the audience was notable	Connectivity with the audience was detected in the dance	Connectivity was very good and the audience was captured by it	Excellent Connectivity. And It kept the audience on the edge of their seats
Overall dance performance presentation	No performance done	Performance done with no interest	Performance done but can improve	Performance was done at an Acceptable level	Dance well-presented and performance was good	Performance at professional level and presented at very high level

GRADE 8

TERM 4

DANCE

WORKSHEETS

ACTIVITY 1

1.1 To move one part of your body during warm is known as **…**

A. spotting
B. transition
C. body part isolation
D. aerial movement

1.2. To change from move t to another move is …

A. floor-work
B. elevation
C. staccato
D. transition

1.3 The … is how a dance connects with fellow dancers, props, dance environment or music

A. . Space.
B. Body
C. Relationship.
D. Radio

1.4. A formal dance style in which two people hold each other as they move around a large room is ……...

A. Yoga.
B. Modern dance
C. Waltz. Dance
D. kwaito

1.5 A meaningful expression of an idea using body moves and body parts to express an idea or message is ……

A. Alignment
B. Dance style
C. movement.
D. gestures.

ACTIVITY 2

Indicate whether the statement is TRUE or FALSE.

2.1 Use of face to convey various moods like smile, cry, anger etc. is facial expression ……
2.2 Flexibility means the stiffness when one bend knees…
2.3 using flowing lyrical movements to slow, calm music followed by stretching of all body parts is used during cooling down after a dance or a warm activity
2.4 Personal hygiene is one of the principles of posture and alignment…
2.5 Toe- ball- heel-bend is a safe landing strategy …..

ACTIVITY 4

Answer the following questions

Define the following dance terms

4.1 **Dance studio:**

……

4.2 **Dress code:**

……

4.3 **Joints:**

……

4.4 **non-locomotor:**

……..

4.5 **safe environment:**

……

ACTIVITY 6

Carefully study the picture below and answer the questions that follow



5.1 Name what is represented on the above picture _____

5.2 Where do you think this dance originated_____

5.3 What makes these dancers identifiable? _____

5.4 Discuss 3 dance rules that make any team to be successful _____

_____

_____

5.5 Name any three dances that originate in South Africa_____

_____

TERM 4 PRACTICAL ASSESSMENT ASK ART FORM: DANCE

Compose a dance movement sequence that use gestures to explore an idea, mood or thought and give attention to details, use of posture, correct alignment, safe landings from aerial movements will be looked into during performance

Task for:25 Marks in 3 to 5 minutes, your dance must show the following:

- use gestures to explore an idea, mood or thought
- Are dancers in proper posture and correct alignment:
- Use of safe landing strategy
- Connectivity with the audience
- Use of dance element BASTRE(Body, Action, Space, Time, Relationship, Energy

Date: _____ **End Date:** _____

Name your Dance _____

Group members: _____ _____

_____ _____

_____ _____

•

Group dance performance using gestures						
	Not achieved 0	**Below standard 1**	**Average 2**	**Good 3**	**Very good 4**	**Excellent 5**
use gestures to explore an idea, mood or thought	No use of gestures	Gestures to explore an idea, mood or thought visible here and there	use gestures to explore an idea, mood or thought just evident with no meaning	Good use gestures to explore an idea, mood or thought	Very use of gestures to explore an idea, mood or thought	Excellent use of gestures to explore an idea, mood or thought
Proper posture and correct alignment:	No posture or alignment used	Posture or alignment use in a confusing manner	Posture and alignment used at average level	Posture and alignment are used a In an acceptable manner	Posture and alignment are used above average	Posture and alignment are used, exceeded expectations and beyond
Use of safe landing strategy	safe landing strategy not used at all	safe landing strategy used to some instances and not do not speak to safety	Attempted use to use safe landing strategy but needs improvement	Good safe landing strategy used	safe landing strategy used Professionally	Excellent use of safe landing strategy used with creatively
Connectivity with the audience	No **Connectivity with the audience**	**Connectivity with the audience here and there**	**Connectivity with the audience** was notable	**Connectivity with the audience** was detected in the dance	**Connectivity** was very good and the audience was captured by it	Excellent **Connectivity**. And It kept the audience on the edge of their seats
Use of dance element BSTRE	Elements Not **clearly used**	Elements **used** in a confusing manner	Elements **used but** can improve	Elements **used at an** acceptable standard	Elements **used** Professionally	All elements **used Excellently** and to bring out the best performance