

GRADE 7
TERM 3
DANCE
WORKSHEETS

Activity 1

Compare the two columns and match the correct answers

Column A		Column B
1.1 Physical area where the body does not occupy is,	A.	Accent:
1.2 It maintain dance position, shapes, balance, can perform locomotor and or non locomotor,	B.	Time:
1.3 Strong movements done during dance to send a message	C.	negative space
1.4 Is a physical area the body moves, a dance can move from point A to B showing levels	D.	Body
1.5 involves rhythm, tempo accent and duration	E.	Space:

Activity 2

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

Tempo ,locomotor Pathways
Freeze Body base

2.1 A sudden stop during a dance movement

2.2is part of the body that support the rest of the body

2.3 Is a dance route by dancers when one moves to A the other moves to C and the other to D is known as

2.4 When the body of a dance moves from one point to another is movement

2.5is the speed at which a dancer moves (fast or slowly)

Activity 3

Find the correct explanation of the following words on your own

3.1 Dance studio: _____

3.2 Dress code: _____

3.3 Fluidity: _____

3.4 Hamstrings : _____

3.5 Dance teacher: _____

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

Carefullt study the following pictures in conjunction with the explanations in Column B and match with the relevant dance styles in column A



Column A	Column A
5.1 ballroom	A street dance styles primary performed to music that evolves in popular culture around the year 1970s
5.2 hip hop	Is a set of partner dances which are enjoyed both socially and competitively around the world on stage or film and television
5.3 African	A classical style of expressive dancing based on precise conventional steps with gestures and movements of grace and fluidity and human emotions
5.4 Eastern dance	Various dance styles of sub-Saharan Africa connected with traditional rhythms using music and bodily movements
5.5 ballet	It is also known as Dance of the Orient is a category of professional forms of the dance including forms of belly dance known as Raqs Baladi, Saídi. Ghawazee and Awalim

Activity 6

Give your own understanding of the following in terms of the dance rules in the dance class

6.1 Dance costume

6.2 Jewellery

6.3 relationship amongst fellow dancers

6.4 Punctuality

6.5 entering and leaving the dance class

Activity 6

Read the passage below about Ballet as one of the dance styles (form) as taken from
From Wikipedia, the free encyclopedia

Ballet



Ballet is a French word which had its origin in Italian balletto, a diminutive of ballo (dance) which comes from Latin ballo, ballare, meaning "to dance", which in turn comes from the Greek "βαλλίζω" (ballizo), "to dance, to jump about". The word came into English usage from the French around 1630.



Classical bell tutus in The Ballet Class by Degas, 1874

Ballet (French: [balɛ]) is a type of performance dance that originated during the Italian Renaissance in the fifteenth century and later developed into a concert dance form in France and Russia. It has since become a widespread and highly technical form of dance with its own vocabulary.

Ballet has been influential globally and has defined the foundational techniques which are used in many other dance genres and cultures. Various schools around the world have incorporated their own cultures. As a result, ballet has evolved in distinct ways.

A ballet as a unified work comprises the choreography and music for a ballet production. Ballets are choreographed and performed by trained ballet dancers. Traditional classical ballets are usually performed with classical music accompaniment and use elaborate costumes and staging, whereas modern ballets are often performed in simple costumes and without elaborate sets or scenery.

4.1 Define ballet as defined in the first paragraph?

4.2 Ballet is one of indigenous dances, do you agree or disagree with this statement? support your choice

4.3 How was Ballet dance perceived in France and Russia?

4.4 Apart from being a dance form Ballet also was considered a technological kind of a language, quote word(s) that talks to this

4.5 Ballet is a local dance true or false, support your statement

4.6 Any person can dance ballet, discuss this

4.7 Summarise your understanding of this dance

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

TERM 3 PRACTICAL ASSESSMENT TASK ART FORM: DANCE

Activity performing a short South African dance, e.g. gumboot, nama stap, amapiano, pantsula based on a theme, an idea, a story, a picture, music, or prop
a dance must clearly be a group or solo dance Performance

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

- Unity in performance as a group
- Originality of the dance: (gumboot, nama stap, amapiano, pantsula)
- Creativity in combining music and the dance
- Connectivity with the audience
- Is the stimuli/theme used clear or identifiable
 - Performing a short South African dance, e.g. gumboot, nama stap, amapiano, pantsula
 -

Date: _____ **End Date:** _____

Name your Dance _____

Group members: _____

Group dance performance						
	Not achieved 0	Below standard 1	Average 2	Good 3	Very good 4	Excellent 5
Unity in performance as a group	No unity	Does not work well with group	Very little participation and group spirit shown	Just enough participation and group spirit shown	Works well with rest of group	Team player
Originality of the dance	Not shown	Shown but confusing	Just shown at average level	Original as expected	Original and above average	Very original, exceeded expectations and beyond
Creativity in combining music and the dance	Not combination	Combination to some instances	Some attempt to combine music and dance was made	Combination Professionally done, but still a little untidy	Professional Combination of music and dance	Professional Combination of music and dance
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
Is the stimuli/theme used clear or identifiable	Not clear or identifiable	stimuli/theme is confusing	stimuli/theme can be improved	stimuli/theme on an acceptable standard	stimuli/theme Professionally shown	Excellent and hard work done to bring out the relevant stimuli/theme

GRADE 7
TERM 4
DANCE
WORKSHEETS

DANCE TERM 4

ACTIVITY 1

Write the correct letter representing the correct term in the space to complete the meaning of the term below

1.1 To move one part of your body during warm or dance moves is known as

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

1.2means to change from move to another move is as you dance

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

1.3 The ... is the main tool for dance moves

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

1.4. A dance that originated in South African hostels and mines is...

- A. Gumboots dance.
- B. Ballet dance.
- C. Yoga.
- D. Waltz.

1.5. Focussing your eyes into one area during dance as you turn is ...

- A. Alignment
- B. Spotting
- C. Balance.
- D. Changing.

ACTIVITY 2

Indicate whether the statement is TRUE or FALSE.

2.1 Aerial movement are known as locomotor movements

2.2 Flexibility means the stiffness of the body during dance moves.....

2.3 Warm up exercises are done to prepare the body before an 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 3

Match Column A with Column B

Column A	Column B
3.1. Floor-work	A. the movable objects used in dance
3.2 Props/ Properties	B. The way the steps follow one another
3.3 Reason for cooling down	C. increase heart rate
3.4 purpose for warming up	D return the heart to its normal state
3.5 Dance Sequence	E. Activities that are done on the floor

ACTIVITY 4

Answer the following questions Define the following dance terms

4.1 Hip Hop Dance: _____

4.2 Cultural Dance: _____

4.3 African dance: _____

4.4 Eastern dance: _____

4.5 Stimulus dance: _____

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 TASK ART FORM: DANCE

Activity: Dance improvisation and Composition: in group of 3 to 4 members based on a South African theme using a picture, photograph

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

- Use of the theme following the South African issues as a stimulus
- Creativity and individuality of dancers:
- Use of relevant music
- Connectivity with the audience
- Use of dance element BSTRE

Date: _____ **End Date:** _____

Name your Dance _____

Group members: _____

Group dance performance on South African theme						
	Not achieved 0	Below standard 1	Average 2	Good 3	Very good 4	Excellent 5
Use of the theme and connect with South African issues as a stimulus	No theme used	theme used does not connect with the dance	Very little connection with the dance	Connection between theme and dance shown	Connection shown well with the entire dance	Connection shown excellently
Creativity and individuality of dancers	No creativity and individuality shown	Creativity and individuality shown but confusing	Creativity and individuality just shown at average level	Original Creativity and individuality displayed as expected	Original Creativity and individuality shown above average	Creativity and individuality, exceeded expectations and beyond
Use of relevant music	Music not used at all	Music used to some instances and not relevant	Attempted use of relevant music to a minimal extent	Music used Professionally but can improve	Professional use of music combined with dance	Excellent use of music Combination with dance at professional level
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