

NPA 4 Dance

This course will cover:

- Jazz technique and solo dance;
- Contemporary technique and solo dance;
- Choreography – demonstrate basic skills and techniques in choreography and the ability to apply these basic skills and techniques to create a short choreographic piece.

All of the above will prepare you for the technique and knowledge needed to progress, potentially, on to National 5 Dance and then Higher Dance.

Jazz technique Assessment

- Placement of the spine;
- Use of core muscles;
- Plies;
- Tendus;
- Kicks;
- Demonstrate isolations of head, shoulders, ribs, hips;
- Demonstrate turning sequences – pencil turns, open turns, jazz turns;
- Demonstrate travelling sequences – jazz walks, runs, pas de bouree, skips, leaps, change of direction/floor patterns

Solo – apply basic skill and techniques above to performance a Jazz dance.

- Demonstrate use of space and performance qualities and musicality;

Contemporary technique Assessment

- Placement of the spine;
- Use of core muscles;
- Plies;
- Tendus;
- Battements;
- Demonstrate floor work – rolls, swings, transitions to the floor from standing;
- Demonstrate swing sequences – ski swings, figure of eight;
- Demonstrate travelling sequences – runs, triplets, skips, leaps, change of direction/floor patterns.

Solo – apply basic skills and techniques to performance of a contemporary dance

- Demonstrate use of space and performance qualities and musicality.

Choreography

Assessment 1

Demonstrate six dance actions:

- Travelling;
- Elevation;
- Turning;
- Gesture;
- Stillness;
- Falling.

1. Demonstrate the use of improvisation to create the six dance actions through working individually, in pairs and in small groups.

Stimuli – the stimuli for the above moves will be from a Poem. Once you have an understanding of the six basic dance actions, you will be required to create short movement motifs through improvisation to demonstrate them, and develop them using basic choreographic devices below.

2. Demonstrate the use of basic choreographic devices. You will use these devices to change/add to your sequence above:

- Change of direction;
- Pathways;
- Levels;
- Speed.

Assessment 2

Apply basic skills and techniques to create short choreographic studies

Create short choreographic studies using the six dance actions.

You are required to develop and choreograph a minimum of two short choreographic studies that contain the following;

- Minimum of three dance actions;
- Apply basic choreographic devices;
- Each study should be minimum of 1 min long;
- One of the studies will be performed by another person for assessment and one by yourself;
- You will use a theme/stimuli for each study e.g war/corona virus/circus/marriage;
- You will keep a record of your choreographic process, reflections and choice/decisions you made.

Assessment 3

Reflect on choreographic studies

- Identify the actions and devices;
- Reflect on the effectiveness of choreographic devices;
- Record suggestions for future development;
- Can include variety of media such as pictures, art, poetry, and sound

This will be ongoing as you work through Assessment 1 and 2.

Written work

A study on Jazz/Contemporary history. We are not doing this part of the course as we only have two periods per week. You will therefore not get a whole NPA 4 course award for this course however, you will have gone through the three hardest bit of the course. The aim of this is to better prepare you for moving on to National 5 and Higher Dance.