

Zara's Choreography Challenge: Mastering Dance Sequences

Learning objective: To understand and apply dance terminology to create, perform, and evaluate a structured sequence of movements.

Zara the Zebra loves to see patterns in movement! Your task is to act as a choreographer. First, use the word bank to fill in the blanks for the dance definitions. Then, use the movement list to sequence your own 4-step dance routine. Finally, answer the reflection questions about how your body moves.

Word bank: Unison · Canon · Level · Dynamics · Tempo · Pathway

1. 1. Fill in the blank: Performing a movement at the same time as the rest of the group is called _____. (1 mark)

2. 2. Fill in the blank: The speed at which you perform your dance movements is known as the _____. (1 mark)

3. 3. Fill in the blank: Moving in a zig-zag or curved shape across the floor is an example of a _____. (1 mark)

4. 4. Design a 4-step sequence: List four movements (e.g., jump, twist, stretch, slide) and the level (low, medium, high) for each step. (4 marks)

5. 5. Why is it important to warm up your muscles before performing a dance sequence? Explain your answer. (2 marks)

Draw: Draw a 'movement map' of your dance routine. Use arrows to show the path you take across the floor and stick figures to show your body shape at each of your four steps.



Extension challenge: Try performing your sequence to two different pieces of music: one that is very fast and one that is slow. Write down one way the mood of your dance changes when you switch the music.