

Creative Movement: Exploring Dance Styles

Learning objective: To develop an understanding of dance motifs, rhythm, and expressive movement, and to apply these to create original sequences.

Read each question carefully. Think about how your body moves and how you can express feelings through dance. Use the word bank to help explain your ideas clearly.

Word bank: motif · rhythm · tempo · dynamics · sequence · spatial awareness · expression

1. Zara the zebra loves to dance by following a repeating pattern of movements. In dance, what do we call a short, recurring movement pattern that acts as a building block for a performance? (2 marks)

2. If you are dancing to a fast, energetic piece of music, how might you change your 'dynamics' compared to dancing to a slow, gentle piece of music? Explain your answer. (2 marks)

3. Max the monkey is choreographing a dance about climbing trees. List three different 'levels' (heights) he could use in his dance to make it more interesting for the audience. (3 marks)

4. Why is 'spatial awareness' important when dancing in a group, especially when moving around other dancers on the stage? (2 marks)

5. You are creating a dance sequence to show the feeling of 'joy'. Describe one movement you would include to show this emotion and explain why you chose it. (3 marks)

Draw: Draw a stick-figure storyboard showing a 3-step dance sequence. Label each step with a movement word (such as 'leap', 'spin', 'crouch', or 'stretch').



Extension challenge: Choose a piece of music at home. Create a 30-second dance routine using at least one change in tempo and one change in level. Write down the sequence of your moves and perform it for a family member.