

Dance Discovery with Zara the Zebra

Learning objective: To identify key elements of dance including movement, rhythm, and performance, and to understand how to express ideas through physical movement.

Read each question carefully and answer based on your knowledge of dance. Zara the Zebra is looking for someone who can spot the patterns in movement and rhythm!

Answer Key: 1. A (Rhythm), 2. True, 3. False, 4. B (Unison), 5. C (Level), 6. False, 7. Tempo, 8. True, 9. D (Canon), 10. True. Explanation: Dance uses these elements to create interesting patterns and stories. Using different levels (high, medium, low) and speeds (tempo) makes a routine more exciting for the audience.

Word bank: Unison · Canon · Rhythm · Tempo · Staccato · Flow · Level · Pathway · Performance · Dynamics

1. 1. What do we call the beat or pattern of sounds in a piece of music that we dance to? A) Rhythm* B) Colour C) Weight D) Silence (1 mark)

2. 2. True or False: 'Dynamics' refers to how loudly or softly, and how gently or strongly, you perform a movement. (1 mark)

3. 3. True or False: You should always keep your face completely still and expressionless when performing a dance. (1 mark)

4. 4. When a group of dancers performs the exact same movement at the exact same time, it is called: A) Solo B) Unison* C) Contrast D) Staccato (1 mark)

5. 5. Which word describes whether a dancer is moving high, medium, or low to the floor? A) Pathway B) Tempo C) Level* D) Canon (1 mark)

6. 6. True or False: A 'pathway' is the pattern a dancer makes while travelling across the floor (e.g., straight, zig-zag, or curved). (1 mark)

7. 7. What is the word for the speed of the music or the dance? (One word answer) (1 mark)

8. 8. True or False: In a dance, you can use your body to show an idea, a mood, or a story. (1 mark)

9. 9. When one dancer starts a move and others follow one after the other, it is called: A) Unison B) Staccato C) Flow D) Canon* (1 mark)

10. 10. True or False: Warming up your muscles before dancing is important to help prevent injuries. (1 mark)

Draw: Draw Zara the Zebra performing a dance move. Show her moving in a 'curved pathway' across the page and label whether she is at a high, medium, or low level.



Extension challenge: Create a short 4-step dance routine using one 'high' movement, one 'low' movement, and one 'zig-zag' pathway. Perform it for a friend or family member and explain what story your dance is trying to tell.