

Max's Rhythmic Movement Challenge

Learning objective: To develop control and coordination in dance by creating and refining a sequence of movements based on rhythm and tempo.

Max the monkey is choreographing a jungle dance routine! Use your knowledge of body control, balance, and spatial awareness to answer the questions below. Think about how you move your body through space using different levels, speeds, and directions.

Word bank: tempo · sequence · spatial awareness · coordination · choreography · levels · dynamic · transition

1. Max wants to include a 'low level' move and a 'high level' move in his dance. Describe one example of each movement and explain why using different levels makes a dance performance more interesting for the audience. (3 marks)

2. Define the term 'tempo' in the context of dance. If Max changes the tempo from slow to fast, how does this change the 'dynamic' or 'mood' of the dance? (3 marks)

3. Explain why 'spatial awareness' is essential when you are performing a dance in a group. What might happen if dancers do not pay attention to the space around them? (3 marks)

4. Compare and contrast a 'staccato' movement (sharp and sudden) with a 'legato' movement (smooth and flowing). Describe a scenario where you would use both within the same 8-beat sequence. (4 marks)

5. Justify your answer: If you were tasked with choreographing a dance about a storm, which body parts would you move to represent the wind, and what tempo would you choose? Explain your reasoning. (4 marks)

Draw: Draw a 'movement map' of a dance sequence. Use arrows to show the direction of your movement across the page, and use circles to label where you use 'low', 'medium', and 'high' levels.



Extension challenge: Create a 16-beat dance routine using at least three different body parts and two different speeds. Once you have practised it, write a short reflection explaining how you used transitions to connect your movements seamlessly. If you could add a prop to this dance to enhance the storytelling, what would it be and how would it change the way you move?