

Zara's Choreography Creative Log

Learning objective: To compose, refine, and evaluate a sequence of dance movements based on a specific theme or mood.

Use this log to plan your dance routine. Think about how Zara uses patterns and rhythm to create art. You will need to describe your movements, explain your choice of music, and justify how your dance conveys a particular feeling to the audience.

Word bank: tempo · rhythm · spatial awareness · dynamics · fluency · sequence · synchronisation · transition · expression · balance

1. Theme and Inspiration: Describe the mood or story you are trying to portray through your movement. Why did you choose this theme? (2 marks)

2. Movement Patterns: Detail three distinct movements in your sequence. How do these movements link together to show a clear pattern? (3 marks)

3. Dynamics and Tempo: Explain how you will change the speed (tempo) or intensity (dynamics) of your movements to make the performance more engaging. (2 marks)

4. Compare and Contrast: Compare your dance routine to a different style of movement. What are the key similarities and differences in the way the body is used? (3 marks)

5. Reflective Evaluation: Justify your choice of music. How does the rhythm of the music support the physical movements you have choreographed? (3 marks)

6. What might happen if you performed this routine in silence? Explain how the absence of music would change the audience's interpretation of your dance. (4 marks)

Extension challenge: Imagine you are teaching your routine to a partner. Write a set of 'Success Criteria' instructions for them to follow, ensuring they maintain the correct timing and spatial awareness throughout the sequence. Then, evaluate: which part of your dance is the most challenging to perform and why?