

Dance Composition: Choreography Fact-File

Learning objective: To compose and perform a dance sequence, demonstrating control and clear movement patterns inspired by a theme.

Today, Zara the zebra is helping us explore movement! Use this fact-file to plan your own dance routine. Think about how your body moves, the rhythm of the music, and how you can use space effectively. Fill in each section to create your choreography plan before you start rehearsing your performance.

Word bank: Unison · Canon · Tempo · Dynamics · Levels · Pathways · Transitions · Sequence · Space · Rhythm

1. The Theme: What is the main idea or story of your dance? Describe the inspiration behind your movements. (2 marks)

2. Movement Vocabulary: List three specific movements you will include (e.g., sharp turns, slow reaches, or jumps). Explain why they fit your theme. (3 marks)

3. Space and Levels: How will you use different levels (high, medium, low) and pathways (straight, curved, zig-zag) during your routine? (3 marks)

4. Musicality and Dynamics: Describe the speed (tempo) and energy (dynamics) of your dance. How do these change throughout the performance? (2 marks)

5. Reflective Evaluation: After practicing, what is one thing you did well, and one thing you would like to improve to make your performance even better? (3 marks)

Extension challenge: Try performing your routine to a different piece of music with a contrasting tempo. How does this change the 'feel' of your dance? Write a sentence explaining the difference.