

MY SUMMER WORK

Level 2 Dance



NSCG

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TASK

Initial Skills Audit

Rate yourself using (Red, Amber, Green) as to how confident you feel currently with the skills and techniques listed below

Use the comment box to evidence where you have used that particular skill already through your learning. Eg in a school/ amateur production/Dance lesson etc



Discipline	Skill	R/A/G Rating	Comments
Dance Techniques	Movement accuracy		
	Use of space and relationships		
	Musicality		
	Characterisation in dance		
	Movement memory		
	Responding to direction		
	Flexibility		
	Jazz Technique		
	Ballet Technique		
	Tap Technique		
	Contemporary Technique		
	Urban/ Street Dance		
	Acrobatic Skills		
	Pirouettes		

TASK

Jazz dance includes strength, flexibility and conditioning technique and progressions including turns, kicks and leaps these are all Key Features of Jazz. To excel in jazz, dancers need a strong background in ballet, as it encourages grace and balance.



Match the key feature and explanation below:

Key features of Jazz Dance	Explanation
Parallel	When performing this move, the performer often starts by kicking their leg high. As the leg is lowered, the performer tilts their head and back backwards and shifts their weight from the supporting leg to the falling leg, causing them to fall forwards with force. The movement finishes on the floor in a crouched position, head tucked in to the chest.
Kicks	This is the name of movements that are done one by one, and often involve only one body part. For example: ribs, shoulder, hips, head, arm. The movements are called
Clicks	For this movement, you start by stepping forwards with one foot. The movement is continued by crossing the opposite leg over. The first leg is then stepped diagonally backwards, followed by the second foot to end in an open second position.
Layout	This Jazz move dates back to the 1920's, it is made up of 4 steps. The first two are a step forwards with the left leg, tapping the right foot in front. Followed by a step back with the right leg tapping the left foot behind. It can also be performed with a twist of the supporting leg
Isolations	This movement involves the movement of the hip, thigh, knee, ankle and toes. The movement starts by the hip bringing the leg backwards, then flicking the leg forwards. It can be performed to the front, side, back or diagonally
Ball change	In this position, both feet are facing the same way, with an equal distance in between them from toe to toe and heel to heel
Charleston	This movement is created by rubbing the thumb and second finger together. The action results in a noise being created by the hands.
Jazz walk	A dance move that consists of two main steps. The first one is a partial weight transfer on the ball of the foot (placed behind) followed by a step on the other foot.

Who is Bob Fosse?

TASK

Self Evaluation (Jazz)

Using the link below learn the 'Hot Honey Rag' from Chicago which is the official Broadway audition dance and then film your performance.

<https://www.youtube.com/watch?v=M6rsDZpUxZ8>



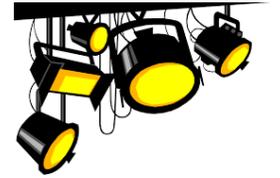
How well did you perform the monologue using specific dance skills?

What was your weakness during this performance?

TASK

Level 2- Performing Arts Theory

What do you know already about the performing arts industry?



Draw lines to link the descriptions to the correct venues.

Venue name	Description of venue
The Glynn Sharp Repertory Theatre	This venue is where touring theatre companies are most likely to perform.
Benbridge Arena	You can see a range of events at this venue including music, theatre, dance, as well as visual arts exhibitions.
The Royal Theatre	You might also see sports events at this venue.
Benbridge Arts	This venue has an ensemble that creates productions.

What is a director?

What is a musical director?

What is a choreographer?



USEFUL LINKS & RESOURCES

Textbooks

Acting and Dance Route

- Cohen, R. (1986) *The Dance Workshop*, Gaia, 978 0 04790 010 5
- Franklin, E. (1996) *Dance Imagery for Technique and Performance*, Champaign: Human Kinetics, 978 0 87322 943 2
- Legg, J. (2012) *Introduction to Modern Dance Techniques*, New York: Princeton Book Company, 978 0 87127 325 3
- Shurr, G. (1981) *Modern Dance: Techniques and Teaching*, New York: Princeton Book Company, 978 0 87127 109 9
- Bridgewater, A. and Bridgewater, G. (1997) *Carving Masks*, New York: Sterling Publications, 978 0 80691 336 0
- Foreman, J. (1997) *The Background, Making And Use Of Masks*, Cambridge: Lutterworth Press, 978 0 71882 948 3
- Fredman, R. and Reade, I. (1996) *Essential Guide to Making Theatre*, London: Hodder and Stoughton, 978 0 34065 514 6
- Grater, M. (1985) *Paper Mask Making*, New York: Dover Publications, 978 0 48624 712 0
- Thurston, J. (1990) *The Prop Builder's Mask-Making Handbook*, Betterway Books, 978 1 55870 166 3
- Wilsher, T. (2006) *The Mask Handbook: A Practical Guide*. London: Routledge. 978 0 41541 437 1



<http://www.stage-electrics.co.uk>
<http://www.onstagelighting.co.uk/stage-lighting-resources/theatre-health-and-safety/>
www.nationaltheatre.org.uk – The National Theatre
www.theatredesign.org.uk – The Society of British Theatre Designers
<http://www.glastonburyfestivals.co.uk/>



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WORK EXPERIENCE

Work Experience

It is currently a requirement, that every student will need to complete at least 3 days of work experience.

Gaining meaningful work experience is very important, especially in the Performing Arts Industry where your network of contacts can be crucial to you gaining future employment.

Your task is to explore potential opportunities to organise work experience for next year. You could research using google, Facebook, Instagram etc.



Collate your research in to a table so that you can clearly see the workplaces and roles you could undertake within each them relevant to the industry.

GET IN TOUCH

FOR ANY HELP OR COURSE
INFORMATION PLEASE EMAIL:

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