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| Lesson Objective | This week our focus has been on working towards the dance showcase in two weeks time. We have had to choreograph a 2 mintue solo and learn two group dances, one of which is optional. |  |
| Explain: What you did in today’s session | We start every lesson with three warm ups. The first one is a tendu exercise to strengthen our feet. Secondly, we warm up our shoulders in an upper body exercise and also do an exercise that involved running around the room in different directions to warm up our muscles and get our hearts beating faster. We had to join together in small groups (two’s or three’s) to create positions such as the leaning tower of Pisa or a triangle.  In the first lesson we ran through the course guide and the plan for the next few weeks. We also looked at key definitions – isolation, sickle, parallel and extension. It is important we understand dance terminology so we know the true meaning of the positions we carry out and also understand how to complete them correctly to prevent injury. Afterwards we had some time working on a group dance that uses release based contemporary dance. This is an optional dance that we can perform if everything else is finish however it was very interesting to learn as this was a new style to most of the class. Following on from this we were given some time to work on our solos and even film them with the music so we could self asses and keep a record of how much we improve before the show. Finally, we started to learn a dance to Aquarius from the musical Hair. This will be performed at the dance showcase Project i.d. Afterwards, the class was split into 5 groups and within those groups we had to link small sections from our solos together to create further movement material for the dance. Once we had completed this half of the class performed while the rest of us watched and then once we had changed over we shared feedback with a partner in order to help us improve. |  |
| Analyse | Evaluate: Why did you complete this work? **(don’t forgot the evaluation is most important)**  Attempt to include a sense of Analysis and Evaluation within this work  And  Why are these skills important to a professional practitioner in your chosen pathway? | * Completing a thorough warm up before starting a class is vital to prevent injury. It helps warm up your muscles and increase the blood flow allowing a greater range of movement of joints. * The warm up exercise where we were running around the room then creating positions in groups was useful because it provides you new ideas to focus a dance on or use the poses we came up with to start or finish your own dance with. It allows us to start thinking creatively which helps before starting choreography in the lesson. * Understanding key terms is important so you know the definition of the move and learn to complete it safely. * Working on a group dance helps you in so many different ways that can be implemented throughout not only dance but other team situations. The skills you require include being a good listener so you can carry out other people’s suggestions, spatial awareness as to not bump into anybody else on stage as well as staying in set formations, musicality to make sure you’re dancing on the same counts as everybody else and finally |  |
| What can / will you do now to develop this work and your own skills development?  **(Ensure you make reference to your SKILLS)** | I will practice the group dance so I remember the moves and I don’t let anybody else down on the evening of the performance. In a team everybody has to work together to remember otherwise some people will forget half way through and the dance will not run smoothly. |  |
| Health and Safety Aspects  (Please tick H&S aspects involved in this session and expand … why is this a consideration? Then write about any other issues at play in this session) | |  |  |  |  | | --- | --- | --- | --- | | Correct Attire | yes | Clear Work Space | yes | | Hydration | yes | Warm-Up / Warm Down | yes | | Awareness of electrical equipment | yes | Awareness of evacuation procedures | yes |   Warming up and warming down are vital to prevent torn muscles. By warming up you are increasing the blood flow around the body and warming up the muscle temperature meaning they have more mobility around the joints. This means that your muscles are ready to work so you do not have the risk of injury.  An awareness of evacuation procedures is necessary during every lesson in case of a fire alarm sounding it is crucial that there is an exit which is clear at all times so everyone is able to leave the room quickly and safely, this is made easier by having a clear work space as there will be less chance of objects preventing you from leaving |  |
| What feedback did you receive in this session (tutor or peer)? | **It is your responsibility to actively seek feedback from your peers.**  When choreographing my solo I must use more of the space and add travelling phrases to take advantage of the full stage.  I need to choreograph my focus into my dancing. This will help me to look up and out towards the audience at all times. I can also set my focus on a certain part of my body to draw the audience’s attention in. All of this will stop me from looking at the ground while I am performing. |  |
| Identify and describe your strengths in this workshop / rehearsal. Evaluate/analyse why these were strengths and why are these skills important to a professional practitioner in your chosen pathway? | I had a strong core while performing so my whole body was not flopping around as I moved. This helps me to stay upright and balanced as it gives me strength from the centre of all my movements. In a professional performance, if somebody did not have a strong core then they would look messy in comparison with everyone else on the stage. |  |
| Identify and describe your weaknesses in this workshop / rehearsal. Evaluate/analyse why these were weaknesses. | My weakness was my focus while I was dancing. As I am concentrating on my dance I am paying attention to my facial expression or eye line. It will make a significant difference if I choreograph my focus into the movement because then I will remember to follow my hand or stand tall and look out into the audience. From the audience’s point of view, if I don’t use my focus effectively it will look like I’m not interested or connecting with them. |  |