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| Lesson Objective | These two lessons were our first of the year. In lesson 1 we warmed up our bodies before learning a small section of our dance for project i.d. In the second lesson we did a vocal warm up and started working on ‘Aquarius’ for project i.d. |  |
| Explain: What you did in today’s session | We all took part in a cardio warm up and then we all learnt the beginning of a group dance piece for project i.d. In our second lesson we did many vocal exercises and learned the song “Aquarius” for project i.d. |  |
| 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? | The cardio warm up in lesson one was essential as it meant we could prepare our bodies and stretch out our muscles. It got the blood pumping and enabled us all to be more energized and ready to dance. This also is a key way in increasing flexibility and stamina for practical work. We then learned the first part of the dance piece for project i.d. we started off as a whole class and then we split off into smaller groups. We started learning the dance to a slower tempo in order to get all the movements exactly right and this enabled us to gradually get faster and faster with more practice. It was useful to do this because my confidence of the movements increased with more practice, meaning I could focus more on my technique as the dance became more familiar. When we were split into smaller groups we were given the freedom to perform the section in a tempo we, as a group, were all comfortable with. As we weren’t all ready to perform the section at full speed, we decided to do it a couple of beats slower that the usual. This worked really well as we all danced it in unison and it gave us the time to really try and work on our technique. It is important for a successful and professional practitioner to be able to work at different speeds in order to support the rest of the chorus on stage, creating a perfect sequence of movements in exact unison. This is really effective from an audience member’s point of view. We performed the section in our group at the same time as two other groups. This was effective because it showed diversity between groups and enabled the audience to see how differently we took on the task. |  |
| What can / will you do now to develop this work and your own skills development?  **(Ensure you make reference to your SKILLS)** | I will now work on the section of dance I have learned and work through it slowly in order to develop and improve my technique, as this can be particular weakness of mine unless I really try and improve what I have already learnt. I will also take part in a warm up before every class to ensure I am performing to the best of my ability and so I do not pull any muscles.  I will now practice the song ‘Aquarius’ and listen to the backing tracks to work on my harmonies. I will also learn the words completely in order to work on the technique in which I am singing the song and improve the annunciation. I will also take part in vocal warm ups so I can perform the song to the best of my ability and ensure I do not strain my vocal chords that can possibly jeopardise the performance. |  |
| 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 |   Correct attire- it is important to be comfortable when dancing and be able to move and stretch easily. Jewellery can also get caught of equipment, classmates or clothing.  Hydration- keeping hydrated avoids risk of fainting and helps you to be energized throughout the lesson.  Electrical equipment- electrical equipment can be a hazard, due to electric shocks or wires, the equipment must also be saved from any damage.  Work space- avoids risk of tripping and injuring yourself  Warm-up/warm-down- important to decrease the risk of DOMS  Evacuation- of there is a fire we must all be able to exit the building as quickly as possible and know exactly where the meeting point is. |  |
| What feedback did you receive in this session (tutor or peer)? | **It is your responsibility to actively seek feedback from your peers.**  To make sure (during the dance) to keep at a speed that everyone is comfortable with and so we can complete the task as professionally as possible. I was also told during the singing lesson to move up into my head voice in the higher sections of the song. |  |
| 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 have a lot of dance experience and I’m able to pick up routines quickly and identify what I must do to improve on my work. I also have singing experience so I was able to take part I the harder soprano sections and the harmonies.  This Is important because as a professional practitioner you will be put in situations where you will have to learn dances/songs in a very short amount of time and perform them to the best of your ability in auditions etc. Being able to sing in harmony is also very important as it creates a fantastic professional sound and is expected of successful practitioners. |  |
| Identify and describe your weaknesses in this workshop / rehearsal. Evaluate/analyse why these were weaknesses. | Being able to keep at the same pace as the others in the class was difficult as we all had different preferences in our groups on how to dance the piece.  We all needed to work together to create a perfect group performance in exact unison, this was difficult because we all had different dancing abilities |  |