



## Wath Sixth Form Subject Preparation Pack

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# DANCE

### World-class learning

World-class learning every lesson, every day

### The highest expectations

Everyone can be successful; always set and expects the highest standards

### No excuses

Create solutions not excuses; make positive thinking a habit

### Growth mindset

Believe you can improve; work hard and value feedback

### Never give up

Resilience is essential; be relentless in the pursuit of excellence

### Everyone is valued

Diversity is celebrated; see the best in everyone

## Dance Academy Transition Pack



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### **What is Dance?**

Dance is a performing art. It is described in many ways but, to put it simply, it is when people move to a musical rhythm. This may be alone, or in a group and may be informal or a part of a professional performance. Taking dance as a subject means that you will have the opportunity to explore and develop your skills within different styles as well as underpinning the science and mechanics behind it by looking at key practitioners. You will also gain a theoretical understanding of the development of dance, how to create a successful concert pieces and what it would be like to be a professional dancer, including health fitness and daily routines.

### **What is Dance Academy?**

If you are interested in a career within the Performing Arts industry, then this is an important course for you. This course is designed to give you a practical and theoretical understanding of dance technique, education and industry. Although it is a very practical course, there are elements of theory in all units. The Scholarship is really for students who actively want to be a part of Performing Arts and have an interest in Dance as a potential career pathway.

The BTEC Level 3 Extended Diploma is a vocational two year course with 12 lessons per week. You will gain the equivalent of 3 A-Levels on this course. The units and assignments are tailor made to help you gain experience of what it would be like to be a professional dancer and work within the Performing Arts industry. It is a great steppingstone to prepare you for higher education or a professional setting.

## **What is Foundation Dance?**

The Foundation Diploma is a two year course with 5 lessons a week, which will give students the opportunity to gain the equivalent of 1.5 A Levels. The course is excellent in preparing you for dance related work or further learning. You will study many different dance styles, choreographic practices and professional dance works. Although the course is still well rounded, it doesn't go into the same depth as the dance academy course. This is perfect for students who want to study a broader range of subjects at Sixth Form.

## **Which course is best for me?**

Both courses are tailor made to help students achieve and progress within the Performing Arts industry. The courses will give them a well-rounded balance of styles, skills and performance opportunities (alongside enrichment Dance). All of the above will help students prepare for dance auditions, dance jobs, dance degrees and scholarships.

Which course you choose to enrol on will depend on your previous experiences and the course requirements. The Diploma course is excellent in preparing you for dance related work or further learning. You will study many different dance styles, choreographic practices and professional dance works. The Extended Diploma is only for those students who would really like to pursue a career within Dance. The course is vigorous and fast paced, so you need to have a real passion for Dance.

## **What Dance experience do I need to have already?**

### Dance Academy

Professional dance experience is essential. You must have had some form of dance training whether that be in school or through a private dance school. You need to be open minded and resilient, with a positive attitude towards learning new styles and concepts. You need a clear understanding of dance technique and performance and be prepared to attend evening rehearsals and performances.

### Foundation dance

Some dance experience is essential. This doesn't need to include a large number of dance exams out of school; however you do need a clear understanding of dance technique and performance. In order to improve further there will be optional extra-curricular technique classes throughout the year.

## **What careers could Dance lead to?**

Due to the number of skills and experiences you develop throughout the course, our students go on to an array of different pathways, both within the Performing Arts and other disciplines. Within the Performing Arts this course could lead to the following careers:

- Freelance professional dancer- this could be on stage, a cruise ship or other events around the world.
- Professional dancer as part of a company- Touring with a specific dance company and be involved in their projects and performances)
- Choreographer- creating dance performance pieces in several different settings.
- Freelance community dance practitioner- working within different sectors to help people through dance.
- Dance instructor - leading fitness sessions and local classes
- Private dance teacher- owning running or teaching within a local dance school
- Dance teacher in Education- teaching dance within schools, further and higher education
- Early years practitioner

We also have alumni who have gone on to study and work with different sectors. Due to the different communication skills you develop, BTEC dance has helped students go on to study:

- Media
- Nursing
- Midwifery
- HR
- Journalism

## What will I study?

At Wath Academy we cover the BTEC Level 3 Foundation and Extended Diploma in Performing Arts syllabus' which cover a breadth of knowledge split across several units.

- Dance Academy  
The optional units could change depending on the type of dancers who enrol.

Extended Diploma Units	
<u>Mandatory Units</u> <b>Unit 1</b> Investigating Practitioners Work ( <b>ext. assessed</b> ) <b>Unit 2</b> Developing Skills and Techniques for Live Performance. <b>Unit 3</b> Group Performance Workshop ( <b>ext. assessed</b> ) <b>Unit 4</b> Performing Arts in the Community. <b>Unit 5</b> Individual Performance Commission ( <b>ext. assessed</b> ) <b>Unit 6</b> Final Live Performance to an Audience <b>Unit 7</b> Employment opportunities in the Performing Arts ( <b>ext. assessed</b> )	<u>Optional Units</u> <b>Unit 8</b> Classical Ballet/ <b>Unit 9:</b> Street dance <b>Unit 10</b> Jazz Dance <b>Unit 12</b> Contemporary Dance <b>Unit 14:</b> Choreography for Dance Performance <b>Unit 22</b> Movement in Performance <b>Unit 25</b> Site Specific Performance

- Foundation Dance

Foundation Diploma Units	
<u>Mandatory Units</u> <b>Unit 1</b> Investigating Practitioners Work ( <b>ext. assessed</b> ) <b>Unit 2</b> Developing Skills and Techniques for Live Performance. <b>Unit 3</b> Group Performance Workshop ( <b>ext. assessed</b> ) <b>Unit 4:</b> Performing Arts in the Community	<u>Optional Units</u> <b>Unit 10</b> Jazz Dance <b>Unit 12</b> Contemporary Dance

## How will I be assessed?

We use various different tools to assess students. As this is a vocational course, most assessment is done through coursework, however there are some external assessments where students must write within exam conditions. The following strategies are all used to assess students within each unit:

- Technique classes and workshops
- Rehearsals
- Performances
- Logbooks/ Coursework
- Presentations
- Supervised written tasks

## **Preparation tasks**

In order to prepare you for studying BTEC Dance, the following activities have been designed to give you some knowledge and understanding to bring with you. It also gives us an opportunity to find out a little more about you before you start your journey at Wath Sixth Form.

### **Task 1- Video Blog**

Create a short 2-3 minute video containing some information about you and why you love to dance this could include:

- Dance video clips of yourself
- Dance pictures
- Information about you, your background and family
- What dance experience you have - what shows you have performed in
- What dance school you go to
- What you are hoping to gain from studying BTEC dance

### **Task 2- Try something new**

Currently there are so many free online dance classes which you can follow and do at home. Try and complete a dance class/learn a routine in a style that is very different to what you normally do - challenge yourself!

Write/Film/Post a short update on your findings

- What did you do?
- Why did you choose this style?
- What was it like?
- Did you enjoy it?

Here are some links to help you:

- <https://www.youtube.com/watch?v=Kd-Va1m4s1E> -Hip Hop
- [https://www.youtube.com/watch?v=8DZktowZo\\_k](https://www.youtube.com/watch?v=8DZktowZo_k) -Latin
- [https://www.youtube.com/watch?v=TCCneA6z\\_Is](https://www.youtube.com/watch?v=TCCneA6z_Is) - Contemporary
- [https://www.youtube.com/watch?v=YnGH\\_w8w8Ss](https://www.youtube.com/watch?v=YnGH_w8w8Ss) - Strength and Conditioning

### **Task 3- Professional Works**

Throughout the course you will look at many different practitioners and professional works. Over the summer try and watch some professional pieces of dance. This will help to broaden your movement vocabulary and give you some ideas for choreography. Here are some ideas of where you could find some professional dance to watch.

TV- There are some great performances on TV and on catch up:

- So You Think You Can Dance
- The Greatest Dancer
- Strictly Come Dancing

Netflix- Netflix sometimes stream live performances of professional works and have a list of musicals, especially Ballet, keep your eyes peeled!

Dance Companies- Here are some companies for you to subscribe to on Youtube - there are some great things out there to watch:

- [NSCD- Verve](#)
- [Frantic assembly](#)
- [Phoenix Dance Company](#)
- [ZooNation](#)