DANCE STUDIES
GRADE 10

NOVEMBER EXAMINATION 2025

100 MARKS
2 HOURS

EXAMINER: MRS. T. VOSSGATTER
MODERATOR: MR. A. VAN ZYL

INSTRUCTIONS AND INFORMATION:

1. Number the answers correctly according to the numbering system used in this question paper.

2. Read each question carefully and take note of what is required.

   NOTE: If you are requested to *explain/elaborate/describe/analyse/ evaluate/compare*, write your answer in full sentences, and give as much information as possible. One-word answers will NOT be accepted.

3. You may do rough planning on your answer sheet. Draw a line through any work that should NOT be marked.

4. You will be assessed on your ability to:
   - Organise and communicate information clearly
   - Use the specific format asked for in certain questions
   - Use specialist dance terminology where appropriate

5. Write neatly and legibly.

SECTION A- SAFE DANCE PRACTICE AND HEALTH CARE
QUESTION 1: SAFE DANCE PRACTICES

1.1 Various options are provided as possible answers to the following questions. Choose the answer and write **ONLY** the letter (A–D) next to the question numbers (1.1.1 to 1.1.4) on your ANSWER SHEET.

1.1.1 Identify the correct dance floor to prevent injuries

A Tiles
B Wooden sprung floor
C Cement
D Carpet (1)

1.1.2 Identify one other necessary feature of a dance studio that could prevent injuries

A sound system
B first aid kit
C dressing room
D barres (1)

1.1.3 Name the common activity used in a cool-down routine

A static stretching
B aerobic exercises
C weightlifting
D jumping (1)

1.1.4 A benefit of cooling down after a dance class is to

A increase muscle stiffness
B develop muscular endurance
C increase the heart rate
D develop flexibility (1)

1.2 In dance, you learn about safe dance practices, to prevent injuries. Explain how the following safe dance practices can prevent you from becoming injured.

1.2.1 Warming up (2)

1.2.2 Posture and alignment (2)

1.2.3 Spotting (2)

[10]

QUESTION 2: COMPONENTS OF FITNESS

2.1 Flexibility

2.1.1 Define Flexibility (1)

2.1.2 Explain TWO benefits of being a flexible dancer (2)

2.2 Muscular strength

2.2.1 Define Muscular strength (1)

2.2.2 Describe an exercise that can develop muscular strength (2)

2.3 Core Stability

2.3.1 Define core stability (1)

2.3.2 Explain why dancers need a strong core (2)

2.4 Endurance

2.4.1 Define Endurance (1)

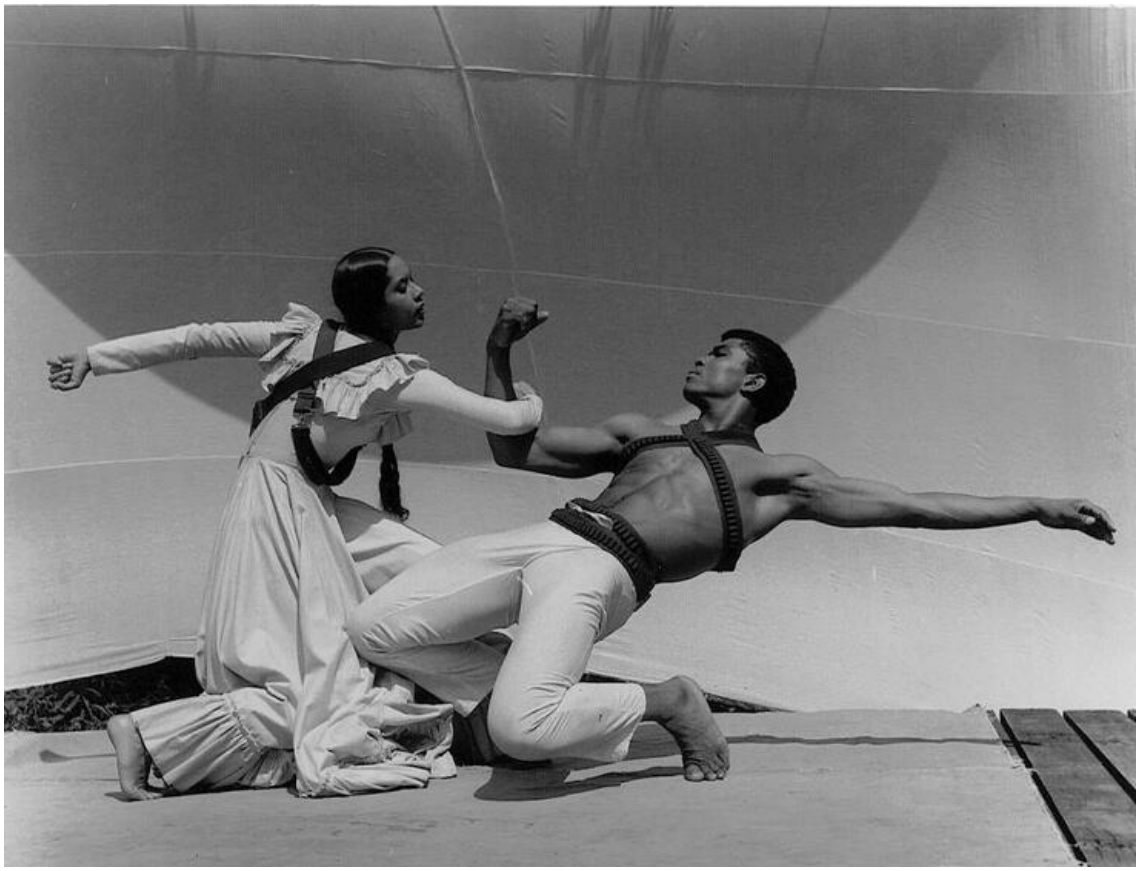
2.4.2 Name the TWO organs required to enhance cardiovascular endurance (2)

2.5 Neuromuscular skills

2.5.1 Define neuromuscular skills (1)

2.5.2 Explain how a dancer can develop these skills (1)

2.6 Study the image below and answer the following questions.



Carmen de Lavallade and Alvin Ailey at Jacobs Pillow in 1961.
Photo by John Lindquist

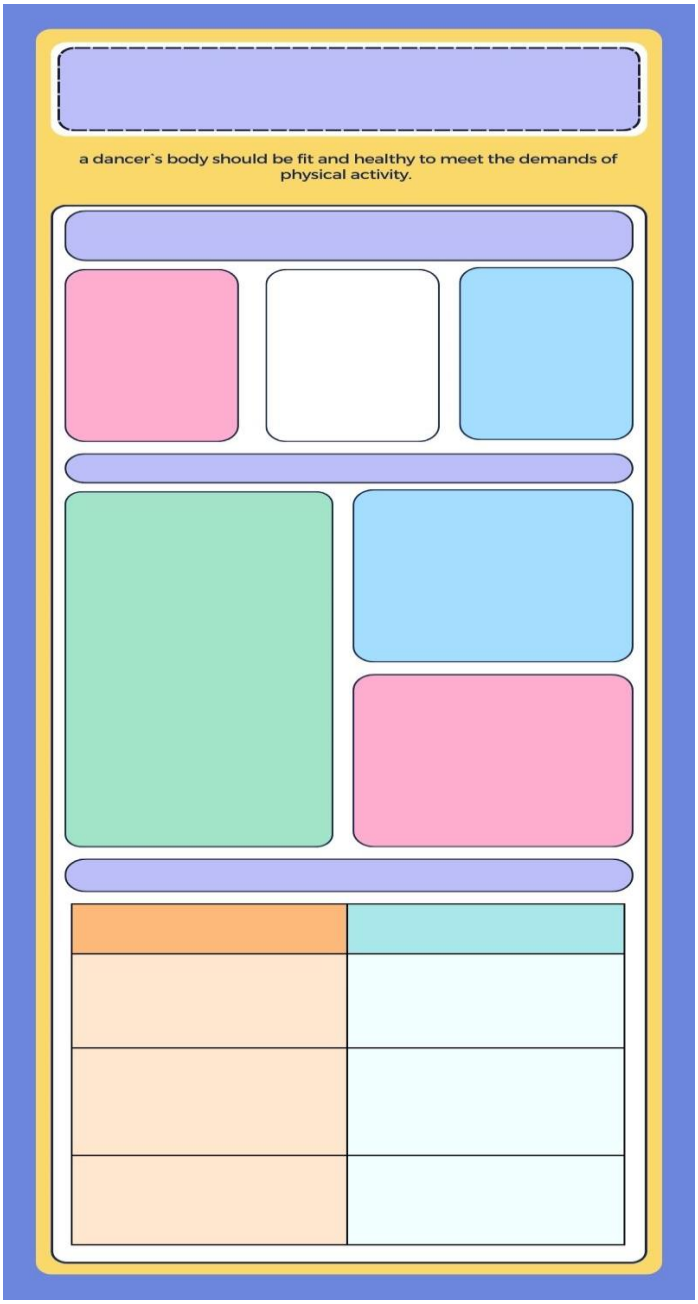
2.6.1 Identify THREE components of fitness being used. (3)

2.6.2 Explain how EACH component of fitness identified in 2.6.1 is being used. (3)

[20]

QUESTION 3: GENERAL HEALTHCARE

Please see the template of an infographic on the following page. An infographic visually represents information on a specific topic or content.



[SOURCE:https://www.canva.com/design/DAGIsmutO14/xa2-jNdcfMG5uXEaIk7GcA/edit]

Using the infographic above as a **guideline**, design your own infographic with **information** on nutrition and hydration for a dancer. The infographic should be a visual represent your knowledge. **2 marks** will be awarded for layout.

Your infographic may include: (6)

- Drawings and illustrations +
- Quotes (2)
- Headings and sentences **[8]**

QUESTION 4: DANCE PERFORMANCE

4.1 Name FOUR performance skills/qualities. (4)

4.2 Thinking back to your practical exam in October, do you feel you applied any of the performance skills mentioned in 4.1? If YES, explain how you applied them. If NO, explain why. (2)

[6]

TOTAL SECTION A = 44

SECTION B- DANCE HISTORY AND LITERACY

QUESTION 5: IMPROVISATION AND CHOREOGRAPHY

5.1 Choose a description from COLUMN B that matches a term in COLUMN A. Write only the letter (A–E) next to the question numbers (5.1. 1 to 5.1.5) in the ANSWER BOOK, e.g. 5.1.6 F.

	COLUMN A		COLUMN B
5.1.1	tempo	**A**	A recurring movement pattern
5.1.2	motif	**B**	skipping
5.1.3	Types of stimuli	**C**	A small, expressive movement that has meaning, often using the arms, hands, or face.
5.1.4	gesture	**D**	The speed or rate of movement
5.1.5	A locomotive movement	**E**	pictures, music, props, words and emotions

(5x1) = 5

5.2 Read the quote below and answer the question that follows:

Dance improvisation is like a conversation with your body, speaking freely in the moment, and creating a unique story with every step

unknown

5.2.1 Explain how improvisation allows you to tell stories through the body. You may use examples from your improvisation lessons. (3)

5.3 Choreography explores movements and expresses emotions/ideas. What emotion/s or ideas do you think are being expressed in the image below. Explain why. (4)



5.4 Analyse the image below and explain how the three dance elements SPACE, TIME and FORCE are being used in this moment. (3x2)



[18]

QUESTION 6: DANCE LITERACY

6.1 Different dance forms have different characteristics and principles. Explain the difference between the *characteristics* of a dance form and the *principles* of a dance form? (2)



6.2 You studied Pantsula Dance at the end of term 3 and performed it as part of your final Term 4 practical exam.

Identify TWO principles and TWO characteristics of this dance form. (2x2)

6.3 Explain what valuable insights or skills you have gained from learning this social dance form. (2)

6.4 In your opinion what would you say are the TWO main differences between Pantsula dance and Contemporary dance? (2)

[10]

QUESTION 7: DANCE WORK

Choose ONE dance work that you have studied from the prescribed list below:

SOUTH AFRICAN CHOREOGRAWE	DANCE WORK	INTERNATIONAL CHOREOGRAPHER	DANCE WORK
Veronica Paeper	*Orpheus in the Underworld*	George Balanchine	*Apollo*
Vincent Mantsoe	*Gula Matari*	Alvin Ailey	*Revelations*
Alfred Hinkel	*Bolero* **OF** *Cargo*	Martha Graham	*Lamentations*
Sylvia Glasser	*Tranceformations*	Christopher Bruce	*Ghost Dances*
Mavis Becker	*Flamenco de Africa*		
Own/teacher`s choice dance work and choreographer		Own/teacher`s choice dance work and choreographer	

7.1 Name the dance work you are writing about and describe what the dance work is about and why the choreographer chose to make it. (4)

7.2 Explain how all FOUR production elements listed below were used in the dance work: (4 x 3)

7.2.1 Costumes

7.2.2 Lighting

7.2.3 Music or accompaniment

7.2.4 Setting/ staging/deco/props

7.3 Comment on the significance of the work and why you feel it has been important to learn about this dance work. (2)

[18]

QUESTION 8: CHOREOGRAPHER

Choose ONE choreographer that you have studied from the prescribed list below:

INTERNATIONAL CHOREOGRAPHER	DANCE WORK
George Balanchine	*Apollo*
Alvin Ailey	*Revelations*
Martha Graham	*Lamentations*
Christopher Bruce	*Ghost Dances*

8.1 Outline TEN facts on the choreographer you studied this year **[10]**

TOTAL SECTION B = 56

TOTAL= 100