DANCE STUDIES

GRADE 10

NOVEMBER EXAM 2025

MEMORANDUM

TOTAL: 100 MARKS

TIME: 2 HOURS

EXAMINER: MRS. T. VOSSGÄTTER

MODERATOR: MR. A. VAN ZYL

NOTE TO MARKERS

- Adhere strictly to this marking guideline.
- Award full or half marks according to the specific criteria in each question.
- In qualitative/opinion-based questions, use professional and informed judgement.
- Look for what the learner knows, not what they do not know.

SECTION A: SAFE DANCE PRACTICE AND HEALTH CARE [44 MARKS]

QUESTION 1: SAFE DANCE PRACTICES [10 MARKS]

1.1 Multiple Choice Questions (4 marks)

Award 1 mark each:

- **1.1.1** B (Wooden sprung floor)

- **1.1.2** B (First aid kit) *(or D: barres / any other suitable studio safety feature)*
- **1.1.3** A (Static stretching)
- **1.1.4** D (Develop flexibility) *(Note: Cool-downs also assist in reducing heart rate/lactic acid, but static stretching primarily develops/maintains flexibility).*

1.2 Explain how safe dance practices prevent injuries (6 marks)

Award 2 marks per subsection (max 6 marks):

- **1.2.1 Warming up (2 marks):** Raises core body temperature and increases blood flow to muscles, making them elastic and pliable so they are less prone to tearing or straining.
- **1.2.2 Posture and alignment (2 marks):** Ensures correct weight distribution across the joints and spine, avoiding undue stress on ligaments, lower back, and knees.
- **1.2.3 Spotting (2 marks):** Fixes the gaze on a stationary point during turns, preventing dizziness and disorientation so the dancer can maintain balance and land safely.

QUESTION 2: COMPONENTS OF FITNESS [20 MARKS]

2.1 Flexibility (3 marks)

- **2.1.1 Definition (1 mark):** The wide range of movement possible in the joints.
- **2.1.2 TWO benefits (2 marks):**
  - Allows a wider range of motion to execute complex movements easily.
  - Reduces the risk of muscle tears and joint stiffness/injuries.

2.2 Muscular Strength (3 marks)

- **2.2.1 Definition (1 mark):** The ability of the muscles to exert force against resistance or gravity.
- **2.2.2 Exercise description (2 marks):** e.g., Squats or lunges (1 mark). Description of how it builds lower-body strength to support jumps and landings (1 mark).

2.3 Core Stability (3 marks)

- **2.3.1 Definition (1 mark):** The ability of the deep torso and abdominal muscles to stabilise the spine and pelvis.
- **2.3.2 Why dancers need a strong core (2 marks):** To maintain balance, control turns, and support the spine during off-center movements or transitions.

2.4 Endurance (3 marks)

- **2.4.1 Definition (1 mark):** The staying power of the body to perform physical activity over long periods without excessive fatigue.
- **2.4.2 TWO organs required for cardiovascular endurance (2 marks):** Heart and lungs.

2.5 Neuromuscular Skills (2 marks)

- **2.5.1 Definition (1 mark):** The ability of the brain to coordinate the nervous system and muscles for instant, accurate reaction time and motor control.
- **2.5.2 How to develop these skills (1 mark):** Through repetition, agility drills, and practicing complex movement combinations (muscle memory).

2.6 Image Analysis (Carmen de Lavallade and Alvin Ailey, 1961) (6 marks)

- **2.6.1 Identify THREE components of fitness (3 marks):** Core Stability, Strength, Flexibility, and Balance/Endurance (any three valid components).
- **2.6.2 Explanation of how EACH is used (3 marks):**
  - *Strength:* Male dancer uses upper body and leg strength to support his weight while lunging/kneeling.
  - *Core Stability:* Both dancers engage their torso to maintain the off-axis, leaning, and kneeling lines.
  - *Flexibility:* Open hip and leg lines shown in the dynamic arm and torso extensions.

QUESTION 3: GENERAL HEALTHCARE [8 MARKS]

3.1 Infographic Design on Nutrition and Hydration (8 marks)

- **Content & Knowledge (6 marks):**
  - Inclusion of balanced food groups (proteins for muscle repair, carbohydrates for energy, fats, vitamins, and minerals) (3 marks).
  - Importance of hydration (replenishing fluids lost through sweat, regulating body temperature, preventing cramps) (3 marks).
- **Layout & Presentation (2 marks):**
  - Creative visual structure, clear headings, legible text, and effective use of spacing/boxes as prompted by the template.

QUESTION 4: DANCE PERFORMANCE [6 MARKS]

4.1 FOUR performance skills/qualities (4 marks)

Award 1 mark each (max 4 marks):

- Facial expression / Projection / Stage presence
- Musicality / Sensitivity to rhythm and timing
- Focus / Eye contact with audience or partner
- Expressive dynamic range / Commitment to character or theme

4.2 Practical Exam Reflection (2 marks)

- **YES/NO indication (implicit or explicit):** (1 mark).
- **Explanation:** Clear description of how specific performance skills were applied during the October practical exam (or valid reasons if not) (1 mark).

TOTAL SECTION A: 44 MARKS

SECTION B: DANCE HISTORY AND LITERACY [56 MARKS]

QUESTION 5: IMPROVISATION AND COMPOSITION [18 MARKS]

5.1 Matching Columns (5 marks)

Award 1 mark each:

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

5.2 Improvisation Reflection (3 marks)

- **5.2.1 Storytelling through improvisation:** Explanation of how abstract stimuli or movement conversations translate into narrative or emotional intent, referencing class activities (3 marks).

5.3 Image Analysis: Group Connection (4 marks)

- **Identify emotion/idea:** e.g., Anxiety, vulnerability, support, entanglement, or human connection (2 marks).
- **Explanation:** Substantiated by the tightly packed grouping, clutching hands on heads, and protective/supportive body posturing (2 marks).

5.4 Image Analysis: Dance Elements Space, Time, and Force (6 marks)

Award 2 marks per element (1 mark for identification + 1 mark for visual explanation in the image):

- **Space:** Low-level floor engagement, interlocking limbs, and outstretched arms creating wide negative space.
- **Time:** Sustained holding of shapes, slow and controlled transition between partners.
- **Force:** Smooth, fluid energy with balanced counter-tension and gentle lifting support between the dancers.

QUESTION 6: DANCE LITERACY [10 MARKS]

6.1 Difference between Characteristics and Principles (2 marks)

- **Characteristics:** The distinct stylistic features, clothing, music, or cultural context that define how a dance looks (1 mark).
- **Principles:** The foundational rules of movement mechanics (e.g., use of weight, grounding, rhythm, posture) that underpin how the dance is executed (1 mark).

6.2 Pantsula Dance Principles and Characteristics (4 marks)

Award 1 mark each for TWO principles and TWO characteristics (max 4 marks):

- **Principles:** Deeply grounded stance (bent knees), fast footwork rhythm matching heavy beat-driven music.
- **Characteristics:** Street-dance origins, signature clothing (overalls/hats), social storytelling, and energetic group formations.

6.3 Valuable Insights/Skills Gained from Pantsula (2 marks)

Award 2 marks for a well-reasoned response:

- Enhanced footwork agility, rhythm, cardiovascular endurance, and an appreciation for South African street culture and social dance history.

6.4 TWO Main Differences: Pantsula vs. Contemporary Dance (2 marks)

Award 1 mark per clear distinction (max 2 marks):

- **Origin/Context:** Pantsula is a South African urban street dance born in townships reflecting social realities, whereas Contemporary is a formalized theatrical concert dance fusing ballet and modern techniques.
- **Footwear/Attire:** Pantsula is traditionally performed in sneakers/street clothes (like overalls), whereas Contemporary is typically performed barefoot in soft practice attire.

QUESTION 7: DANCE WORK [18 MARKS]

7.1 Name of Dance Work, Synopsis, and Choreographic Intent (4 marks)

- Name of work and choreographer (1 mark).
- Detailed synopsis of what the dance is about (2 marks).
- Why the choreographer chose to make it/intent (1 mark).

7.2 Production Elements (12 marks)

Award 3 marks per production element (max 12 marks):

- **7.2.1 Costumes:** Design, colour, style, and how they support the theme/period.
- **7.2.2 Lighting:** Use of colour, intensity, and focus to create mood or highlight action.
- **7.2.3 Music or accompaniment:** Genre, instruments, and how it drives the rhythm and emotion of the work.
- **7.2.4 Setting / staging / deco / props:** Stage design, physical objects used, and their symbolic meaning.

7.3 Significance of the Work (2 marks)

- Explanation of why the work is culturally/historically important and why learning about it is valuable to a dancer (2 marks).

QUESTION 8: CHOREOGRAPHER [10 MARKS]

8.1 Outline TEN Facts on the Studied Choreographer (10 marks)

Award 1 mark per distinct, accurate historical or biographical fact about the chosen international choreographer (George Balanchine, Alvin Ailey, Martha Graham, or Christopher Bruce):

- Facts may include background, training, founding of companies, major contributions, signature techniques, or major awards/recognitions.

TOTAL SECTION B: 56 MARKS

GRAND TOTAL: 100 MARKS