DANCE STUDIES

GRADE 10: MRS VOSSGÄTTER

MODERATOR: MR. A. VAN ZYL

TERM 2 WRITTEN EXAM = 80 MARKS

1.5 HOURS

INSTRUCTIONS:

1. You have an hour and a half to complete this exam.

2. There are 3 sections.

3. All questions must be completed in each section.

4. Number your questions correctly.

5. Write neatly and legibly.

6. Answer all questions on the paper provided.

7. Draw a 1 cm marking margin on the right hand side of each page.

8. Leave a single line space between each question.

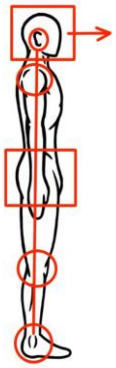
10. This question paper will require you to apply your classroom knowledge as well as **your own creative and independent thought**.

11. All the best!

SECTION A: DANCE PERFORMANCE

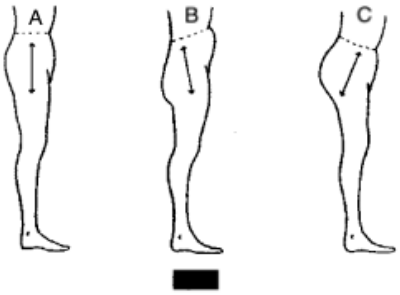
QUESTION 1: POSTURE, STANCE AND ALIGNMENT

1.1



We speak a lot about maintaining the correct posture and alignment in our dance class. Describe the correct standing posture for Contemporary Dance. (5)

1.2



Look at the image above. Which dancer has the correct pelvic alignment? Dancer A, B, or C? Explain why. (2)

1.3 Name **THREE** reasons why it is important for a dancer to maintain good posture. (3)

1.4 Describe **TWO** ways a dancer can improve or maintain good posture and alignment. (2)

[12]

QUESTION 2: COMPONENTS OF FITNESS

2.1 Match the component of fitness with the correct definition. You only write the number of the component and the corresponding letter of the definition e.g. 2.1.6 G

COMPONENT OF FITNESS	**DEFINITION**
2.3.1 Core Stability	**A.** The ability of the brain to send messages to the body with instant reaction time.
2.3.2 Flexibility	**B.** The ability of the muscles to exert force against gravity.
2.3.3 Neuromuscular Skills	**C.** A wide range of movement possible in the joints.
2.3.4 Stamina/Endurance	**D.** Involves strong muscles in the centre of your body - the torso - which assists in stabilising the spine and pelvis and reducing strain on the joints and spine.
2.3.5 Muscular Strength	**E.** The staying power of the body to perform for long periods of time without getting tired.

(5)

2.2 You have now completed your first practical exam, identify **TWO** components of fitness you would like to improve on. (2)

2.3 Explain **how** you are going to improve on the above mentioned components of fitness. Provide **ONE** way you can improve each component mentioned in 2.2. (2)

2.4 Name **ONE** way neuromuscular skills can be developed in a dancer. (1)

2.5 Look at the picture below. Analyse this movement and identify which components of fitness are needed to perform this movement (**IDENTIFY TWO**) and explain **WHY** these two components are necessary to perform this particular movement. (4)



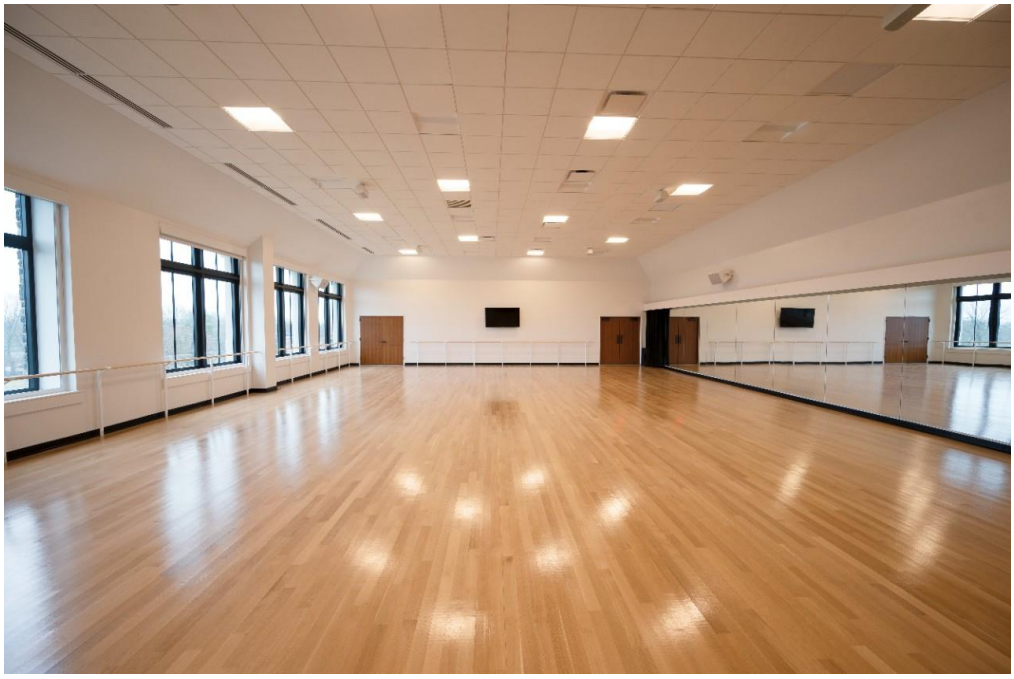
[14]

QUESTION 3: APPROPRIATE DANCE ENVIRONMENT

3.1 You and your fellow dancers have decided to write a letter to the principal to request a proper dance studio. In your letter, list at least 5 important elements needed for a safe dance studio and explain why each element listed is important.

Provide reasons why your current dance space (the stage/hall) is not ideal for dance training.

(10)



[10]

TOTAL SECTION A [36]

SECTION B: IMPROVISATION AND COMPOSITION

QUESTION 4: PAT PROCESS

4.1 Every Wednesday this term, Wacky Wednesday, we have been exploring a variety of improvisational activities to creatively inspire you for your PAT.

Which improvisational activity has been most helpful/beneficial in inspiring you to create with your partner for your PAT. Identify **ONE** and describe how this activity has inspired you to create. (2)

4.2 Describe **TWO** ways you are using space in your choreography. (2)

4.3 How are you finding working with a group in improvisational classes? Has the process been simple or challenging? Explain. (2)

4.4 Are you enjoying the process of creating/choreographing your own dance? Explain. (2)

4.5 Analyse the image below and explain **FOUR** ways in which space is being used in this image.

You will need to identify how space is being used and then explain how you see it being executed in the image below. (4 x 2)



[16]

TOTAL SECTION B [16]

SECTION C: DANCE HISTORY AND LITERACY

QUESTION 5: DANCE FORMS

5.1 Compare **Cultural / Social Dance** and **Theatrical Dance** by doing the following:

- Discuss performance spaces
- Discuss audience involvement
- Look at the "functions" these different categories of dance have in society
- Give one example of a dance genre that falls into each category **[8]**

QUESTION 6: EVOLUTION OF DANCE

6.1 Dance has been a part of the human race for thousands of years. Write an essay describing the development of dance through the ages.

Format: Clear introduction and conclusion (2marks)
Content: Appropriate content is covered in this essay (6 marks) **[8]**

QUESTION 7: INTERNATIONAL DANCE WORK AND CHOREOGRAPHER

7.1 You are busy studying Alvin Ailey's *Revelations* for your upcoming dance exam and your friend walks into the room as you begin watching the work. They are mesmerised by the work and begin watching it with you. At the end they have a lot of questions for you:





7.1.1 Your friend wants to know what the dance work is about. Describe the synopsis/theme of the dance work. (2)

7.1.2 Explain to your friend what type of movements the choreographer has chosen to use in the work. Help them understand the movement vocabulary. (2)

7.1.3 Your friend loved the music the choreographer chose to use. Describe the music and how the choreographer has chosen to use the music in this work to speak to the theme/synopsis of the work. (2)

7.1.4 Your friend is so confused by all the different pieces that make up the work. Describe to your friend how the dance work is structured. (2)

7.2 Name **TWO** contributions Alvin Ailey has made to the dance community. (2)

7.3 If you could choose a human rights issue to grapple with through dance which one would you choose and why? (2)

[12]

TOTAL SECTION C [28]

OVERALL TOTAL [80]

