DANCE STUDIES

GRADE 10: MRS VOSSGÄTTER

TERM 2 WRITTEN TEST = 50 MARKS

1.5 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 judgment.
- Look for what the learner knows, not what they do not know.

SECTION A: DANCE PERFORMANCE [36 MARKS]

QUESTION 1: POSTURE, STANCE, AND ALIGNMENT [12 MARKS]

1.1 Describe the correct standing posture for Contemporary Dance (5 marks)

Award 1 mark per valid point (max 5 marks):

- Standing with feet in parallel (or appropriate base position).
- Pulling the belly button in towards the spine to engage core muscles.
- Lengthening and stretching the spine upward.
- Arms resting naturally at the sides of the body.
- Gaze focused forward as if looking at the horizon.
- Shoulders, hips, and heels forming a straight, aligned vertical line when viewed from the side. *(Any other suitable descriptive point)*

1.2 Pelvic alignment identification & explanation (2 marks)

- **Dancer A** (1 mark).
- **Explanation:** The pelvis is correctly aligned with the tailbone facing downward/grounded, and core muscles are engaged to maintain the correct neutral pelvic tilt without arching or tucking excessively (1 mark).

1.3 THREE reasons why good posture is important (3 marks)

Award 1 mark each (max 3 marks):

- A well-aligned body burns the least amount of energy to perform movements.

- Prevents premature fatigue.
- Ensures muscles and joints are used correctly and efficiently.
- Allows dance steps to be executed with ease and fluidity.
- Reduces the risk of injury.
- Avoids muscle tension and imbalances that negatively affect the line and shape of movements.
- Ensures better control and balance.

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

Award 1 mark each (max 2 marks):

- Practicing core stability exercises to build abdominal and back strength (pulling inward and upward toward the spine).
- Consciously maintaining good posture both inside and outside the dance class.
- Introducing additional strength training or conditioning exercises regularly at home or in a gym.

QUESTION 2: COMPONENTS OF FITNESS [14 MARKS]

2.1 Match the component of fitness with the correct definition (5 marks)

Award 1 mark each:

- **2.3.1 Core Stability** — **D** *(Involves strong muscles in the centre of your body...)*
- **2.3.2 Flexibility** — **C** *(A wide range of movement possible in the joints)*
- **2.3.3 Neuromuscular Skills** — **A** *(The ability of the brain to send messages to the body with instant reaction time)*
- **2.3.4 Stamina/Endurance** — **E** *(The staying power of the body to perform for long periods of time without getting tired)*
- **2.3.5 Muscular Strength** — **B** *(The ability of the muscles to exert force against gravity)*

2.2 Identify TWO components of fitness to improve (2 marks)

Award 1 mark for each valid component identified from personal reflection (max 2 marks), e.g.:

- Flexibility / Core Stability / Muscular Strength / Endurance / Neuromuscular Skills.

2.3 Explain ONE way to improve each chosen component (2 marks)

Award 1 mark for each valid, practical method linked directly to the two components chosen in 2.2 (max 2 marks).

2.4 ONE way neuromuscular skills can be developed (1 mark)

Award 1 mark for any valid method:

- Through consistent practice, repetition, and drills (muscle memory).

2.5 Image Analysis: Jump/Leap Components & Explanation (4 marks)

- **Identify TWO components:** Strength and Flexibility (or Core Stability / Endurance) (2 marks).
- **Explanation:**
    - *Strength:* Required in the legs and ankles to push off the floor against gravity and achieve elevation.
    - *Flexibility:* Required in the hip joints and hamstrings to execute the wide split position in the air. *(2 marks)*

QUESTION 3: APPROPRIATE DANCE ENVIRONMENT [10 MARKS]

3.1 Letter to the Principal: Studio Elements & Hall Limitations (10 marks)

- **5 Important elements of a safe dance studio & why they are important (5 marks):**
    - *Sprung wooden floor:* Acts as a shock absorber to protect joints from high impact.
    - *Barres:* Fixed securely at the correct height for balance and technique training.
    - *Full-length mirrors:* Allow dancers to monitor and correct their posture and alignment.
    - *Proper ventilation/temperature control:* Prevents overheating, dizziness, and fatigue during intense exertion.
    - *Adequate space/high ceilings:* Prevents overcrowding, collisions, and allows safe execution of jumps and leaps.
    - *First aid kit / Water supply:* Ensures health, safety, and hydration. *(Award 1 mark per well-explained factor up to 5 marks).*
- **Reasons why the current stage/hall is not ideal (5 marks):**
    - Floors are often hard concrete or slippery non-sprung surfaces, leading to severe impact injuries and shin splints.
    - Lack of permanent barres and proper mirrors hinders technical corrections.
    - Inadequate temperature control, poor acoustics, and distractions/interruptions from other school activities compromise safety and focus. *(Award up to 5 marks for well-reasoned points).*

TOTAL SECTION A: 36 MARKS

SECTION B: IMPROVISATION AND COMPOSITION [16 MARKS]

QUESTION 4: PAT PROCESS [16 MARKS]

4.1 Most helpful improvisational activity & description (2 marks)

- **Identify activity:** e.g., Working with words, developing motifs, exploring space, or using props (1 mark).
- **Description:** Explain how it inspired creative partner work for the PAT (1 mark).

4.2 Describe TWO ways space is used in choreography (2 marks)

Award 1 mark each for any two spatial concepts correctly described (max 2 marks), e.g.:

- Using high, medium, or low levels.
- Travelling across space using different pathways and directions.
- Utilizing positive and negative space.

4.3 Experience working with a group in improvisational classes (2 marks)

- **Simple or challenging:** Personal reflection/opinion by the learner (1 mark).
- **Explanation:** Valid reasoning regarding collaboration, communication, trust-building, or differing creative ideas (1 mark).

4.4 Enjoyment of the choreography process (2 marks)

- **Enjoyment:** Yes/No or personal perspective (1 mark).
- **Explanation:** Explanation detailing creative freedom, self-expression, or challenges faced during the process (1 mark).

4.5 Image Analysis: FOUR ways space is being used (8 marks)

Award 2 marks per point (1 mark for identifying the spatial element + 1 mark for explaining how it appears in the image, max 8 marks):

1. **Levels:** Clear contrast between low floor work (dancers kneeling/lying down) and high level (the central dancer lifting a leg in high extension).
2. **Symmetry / Asymmetry:** Asymmetrical groupings across the stage where dancers hold varied, unequal body shapes and postures.
3. **Shape / Interlocking forms:** Dancers holding hands and connecting to create curved, continuous bodily shapes and bridges across the group.

4. **Direction / Focus:** Dancers facing and extending their arms and gaze in different directions (outward, upward, and downward), creating spatial tension.
5. **Negative Space:** Empty space deliberately maintained between grouped bodies and around the lone figure lying in the foreground.

TOTAL SECTION B: 16 MARKS

SECTION C: DANCE HISTORY AND LITERACY [28 MARKS]

QUESTION 5: DANCE FORMS [8 MARKS]

5.1 Compare Cultural/Social Dance and Theatrical Dance (8 marks)

Award marks across the four required comparison areas:

- **Performance Spaces (2 marks):**
  - *Cultural/Social:* Performed in community spaces, open grounds, streets, community halls, or ceremonial sites.
  - *Theatrical:* Performed on a proscenium arch stage in professional theatres equipped with lighting, wings, and audience seating.
- **Audience Involvement (2 marks):**
  - *Cultural/Social:* Highly participatory; audience members often join in, clap, sing, or interact directly with performers.
  - *Theatrical:* Separated by a proscenium arch or dark auditorium; passive audience viewing and applauding at designated moments.
- **Functions in Society (2 marks):**
  - *Cultural/Social:* Celebrates milestones, reinforces community bonds, preserves heritage, expresses social identity, or performs religious/rite-of-passage rituals.
  - *Theatrical:* Entertains, communicates artistic intent/narrative, educates, and pushes artistic or socio-political boundaries as an art form.
- **Examples (2 marks):**
  - *Cultural/Social:* Traditional African indigenous dances / Pantsula / Ballroom social dance *(1 mark)*.
  - *Theatrical:* Contemporary dance / Ballet / Jazz theatre production *(1 mark)*.

QUESTION 6: EVOLUTION OF DANCE [8 MARKS]

6.1 Essay: Development of Dance Through the Ages (8 marks)

Mark strictly against the breakdown below:

- **Format (2 marks):**
  - Clear, logical introduction introducing the historical progression of dance (1 mark).

    - Cohesive conclusion summarizing the evolution (1 mark).
- **Content (6 marks):**
    - Covers early primitive/ritualistic dance (survival, communication, worship) (2 marks).
    - Discusses the transition through court dances/Renaissance (ballet origins, royal courts) (2 marks).
    - Explains the modern era (birth of expressive contemporary, breaking away from rigid rules, theatrical evolution) (2 marks).

QUESTION 7: INTERNATIONAL DANCE WORK AND CHOREOGRAPHER [12 MARKS]

7.1 Alvin Ailey's *Revelations*

7.1.1 Synopsis / Theme (2 marks)

Award 2 marks for a clear summary:

- Explores African-American spirituals, religious heritage, sorrow, hope, and ultimate spiritual liberation/salvation, reflecting the Black experience in the American South.

7.1.2 Movement Vocabulary (2 marks)

Award 2 marks for a well-described movement style:

- A powerful fusion of modern dance, ballet technique, jazz, and African-American vernacular dance characterized by deep contractions, powerful jumps, fluid torso movements, and emotional intensity.

7.1.3 Music and Its Use (2 marks)

Award 2 marks:

- Uses traditional African-American spirituals and gospel music (sung live or recorded, e.g., "Wade in the Water"). The music drives the emotional intensity and directly mirrors the themes of suffering, baptism, and joyful redemption.

7.1.4 Structure of the Work (2 marks)

Award 2 marks:

- Divided into three distinct sections/suites: *"Moderato / Pilgrim of Sorrow"* (struggle and faith), *"Water"* (baptism and purification), and *"Move, Members, Move"* (joyful, energetic celebration).

7.2 TWO contributions Alvin Ailey made to the dance community (2 marks)

Award 1 mark each (max 2 marks), e.g.:

- Founded the Alvin Ailey American Dance Theater, providing vital professional performance opportunities for Black dancers.
- Created universally acclaimed choreographic works that celebrated African-American culture and heritage on global stages.
- Pioneered multi-racial dance companies and inclusive training programs/schools.

7.3 Human rights issue to grapple with through dance & why (2 marks)

- **Issue chosen:** e.g., Gender equality, poverty, racism, freedom of expression, or mental health awareness (1 mark).
- **Reasoning:** Explanation of why this issue is personally significant and how dance can effectively communicate or raise awareness about it (1 mark).

TOTAL SECTION C: 28 MARKS

GRAND TOTAL: 80 MARKS