GRADE 11

DANCE STUDIES

NOVEMBER EXAM 2025

MARKING GUIDELINES

MARKS: 100

TIME: 2 HOURS

EXAMINER: T. VOSSGATTER

MODERATOR: A. VAN ZYL

The marking guideline contains 19 pages

NOTE TO MARKERS

- Adhere strictly to this marking guideline.
- Award full or half marks according to the specific criteria in each question.
- In qualitative 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 [50 MARKS]

QUESTION 1: INJURIES [10 MARKS]

1.1 Warming up and Cooling down (4 marks)

Award 1 mark per valid point (max 2 marks for Warm-up; max 2 marks for Cool-down):

- **Warm-up:**
  - Increases heart rate and blood flow to delivery oxygen to working muscles.
  - Raises body temperature, making muscles/tendons more elastic and pliable to prevent tearing.
  - Focuses mental awareness and prepares the nervous system for complex coordination.
- **Cool-down:**
  - Gradually lowers heart rate and body temperature back to resting state.
  - Helps prevent pooling of blood in lower extremities (reduces dizziness/fainting).
  - Assists in flushing out lactic acid to reduce muscle soreness/stiffness post-rehearsal.

1.2 Case Study: Ankle Injury

1.2.1 Explain RICE treatment for Bianca (4 marks)

Award 1 mark per correctly explained component:

- **R — Rest:** Stop all movement immediately and avoid placing weight on the injured ankle to prevent further damage.
- **I — Ice:** Apply ice packs wrapped in a towel for 15–20 minutes at a time to constrict blood vessels and reduce swelling/pain.
- **C — Compression:** Wrap the ankle with an elastic bandage/support to limit internal bleeding and reduce swelling.
- **E — Elevation:** Prop the ankle above heart level to assist venous drainage and lower fluid accumulation/swelling.

1.2.2 Correct landing technique to prevent ankle injury (2 marks)

Award 1 mark per valid point (max 2 marks):

- Landing sequentially through the foot (**toe-ball-heel**) and bending knees into a deep *plié* acts as a shock absorber.
- Ensuring the knees track directly over the middle toes keeps the ankle in correct alignment, preventing rolling or inversion sprains.

QUESTION 2: COMPONENTS OF FITNESS [20 MARKS]

2.1 True / False Statements (5 marks)

Award 1 mark each:

- **2.1.1** TRUE
- **2.1.2** TRUE
- **2.1.3** TRUE
- **2.1.4** FALSE *(Flexibility involves full range of motion; Muscular strength is the force exerted against resistance)*
- **2.1.5** FALSE *(Stretching should occur when muscles are warm, e.g., after warm-up or at the end of class)*

2.2 ONE Exercise to Develop Components (5 marks)

Award 1 mark per appropriate exercise matching the target component:

- **2.2.1 Flexibility:** Hamstring floor stretch / Lunges / Butterfly stretch.
- **2.2.2 Muscular Endurance:** Repetitive heel rises (relevés) / Planks held for extended repetitions / Wall sits.
- **2.2.3 Cardiovascular/respiratory Endurance:** Aerobic travelling combinations / Continuous jumping / Running or cycling routine.
- **2.2.4 Neuromuscular Skills:** Quick direction-change agility routines / Single-leg balance challenges on unstable surfaces / Complex polyrhythmic combinations.
- **2.2.5 Core Stability:** Forearm plank / Abdominal crunches / Bird-dog / Dead bug exercises.

2.3 How Components Improve Performance with Examples (10 marks)

Award 2 marks per subsection (1 mark for explanation + 1 mark for concrete dance example):

2.3.1 Flexibility (2 marks)

- **Explanation:** Allows a broader range of movement at the joints without tension or restriction.

- **Example:** Enables high extensions (e.g., grand battement) or splits cleanly without strain.

2.3.2 Muscular Endurance (2 marks)

- **Explanation:** Enables muscles to perform repeated contractions over a prolonged period without fatigue.
- **Example:** Allows holding arm positions (port de bras) or executing long jumping series without losing form.

2.3.3 Cardiovascular/respiratory Endurance (2 marks)

- **Explanation:** Ensures efficient oxygen delivery so the body can sustain high-intensity work throughout a full dance piece.
- **Example:** Maintains energy, stamina, and focus during a 3-minute high-energy solo or ensemble performance.

2.3.4 Neuromuscular Skills (2 marks)

- **Explanation:** Sharpens muscle memory, reaction time, balance, and motor control.
- **Example:** Allows quick changes of direction, fast footwork, and precise balance recovery during complex turns.

2.3.5 Core Stability (2 marks)

- **Explanation:** Stabilises the spine and pelvis, serving as the central powerhouse for alignment and balance.
- **Example:** Improves control during off-center balances, pirouettes, and smooth weight transitions.

QUESTION 3: GENERAL HEALTH CARE [10 MARKS]

3.1 Grade 10 Dance Brochure / Pamphlet Content & Design (10 marks)

NOTE:
- Read the entire answer before awarding marks
- All areas must be included for full marks to be awarded
- Use the rubric provided to evaluate the level of the candidates' answer
- No ticks to be used
- Bracket the entire answer in the left-hand margin to indicate the answer has been read

Expected responses:
Commitment and concentration
Improved technique and skill development
Increased body awareness and control
Enhanced musicality and expression
Greater overall performance quality

Relaxation techniques
Reduced risk of injury and fatigue
Improved recovery and rest between classes and performances
Enhanced mental focus and clarity
An increased overall sense of well-being and calmness

Good nutrition
Improved energy and stamina
Enhanced muscle growth and repair
Better immune function and overall health
Increased mental clarity and focus

Positive body image
Encouraging self-talk and positive affirmations
Practising gratitude and appreciation for the body's abilities
Focusing on personal goals and progress rather than external comparisons
Engaging in activities and behaviours that promote self-care and self-love

Design
Layout and organising information
Fonts/Images/diagrams

Any other answers relating to the benefits of concentration and commitment, relaxation techniques, good nutrition and positive body images

MARKING RUBRIC

Information	**7-8**	• In depth recall of knowledge • Able to organise facts under the appropriate heading
	5-6	• Good recall of knowledge • Able to organise facts under the appropriate heading
	4 - 3	• Some recall of knowledge • Able to organise some facts under the appropriate heading
	0 - 2	• Minimal/no recall of knowledge • Minimal/no ability to organise information correctly
Designing	**Design criteria:** • Headings are clear and visible • Creative and innovative layout • Visual impact • Informative	
	2	Outstanding
	1	Satisfactory
	0	Minimal/none

Content Points (8 marks)

Award 2 marks per section if thoroughly addressed:

1. **Benefits of Commitment / Concentration:**
    - Enhances muscle memory and retention of choreography.
    - Improves safety by staying present in class, reducing risk of injury.
2. **Benefits of Relaxation Practices:**
    - Reduces physical muscle tension and stress.
    - Promotes mental clarity, focus, and faster recovery post-training.
3. **Benefits of Good Nutrition:**
    - Provides sustained energy for rigorous physical exertion.
    - Promotes tissue repair and bone strength (e.g., via adequate protein/calcium).
4. **Building Positive Body Image:**
    - Focus on what the body *can achieve* rather than how it looks.
    - Avoid negative self-talk, social media comparison, and unhealthful diets.

Creativity & Design (2 marks)

- **1 Mark:** Clear structure, readable layout, neat headings/bullet points.
- **1 Mark:** Visual appeal, creative formatting (e.g., borders, boxes, brochure folds/sections).

QUESTION 4: DANCE PERFORMANCE [10 MARKS]

4.1 Qualities/Skills to Make Performance Memorable (4 marks)

Award 1 mark per valid quality/skill (max 4 marks):

- Facial expression / Projection / Eye contact with the audience.
- Musicality / Sensitivity to rhythm, phrasing, and dynamics.
- Emotional intention / Authentic expression / Stage presence.
- Dynamic range / Contrast in force and spatial awareness.
- Spatial clarity and focus.

4.2 Debate: Technique vs Performance Skills (6 marks)

Award up to 6 marks for a balanced, substantiated argument evaluating both sides:

- **Value of Technique (3 marks):**

    - Provides the structural foundation and biomechanical safety to execute movements without injury.
    - Builds control, alignment, stamina, and physical capability required for complex choreography.

- **Value of Performance Skills (3 marks):**
    - Connects emotionally with the audience and brings movement to life beyond mechanical execution.
    - Transforms raw steps into art through musicality, projection, and expressive storytelling.
- *Note:* Full marks awarded when the learner concludes that both are interdependent—technique enables effortless execution, while performance skill gives it meaning.

TOTAL SECTION A: 50 MARKS

SECTION B: DANCE HISTORY AND LITERACY [50 MARKS]

QUESTION 5: IMPROVISATION AND CHOREOGRAPHY [15 MARKS]

5.1 Production Elements in Dance (4 marks)

Award 1 mark per production element named (max 4 marks):

- Lighting design
- Costume design
- Set / Props
- Sound / Music / Aural setting
- Staging / Performance space

5.2 Contribution of Improvisation to Development (2 marks)

Award 1 mark per valid point (max 2 marks):

- Encourages spontaneous creativity, problem-solving, and overcoming movement blocks.
- Helps dancers discover personal movement vocabulary and authentic expression without fear of judgment.

5.3 Image Analysis

5.3.1 Use of Space in Image (4 marks)

Award 1 mark per relevant observation substantiated by the image:

- **Levels:** Contrast between floor work (low level crouching/kneeling) and standing/extended positions (high level leg extensions and reaching arms).
- **Spatial Design / Formations:** Asymmetrical grouping creating depth and visual texture across the stage floor.
- **Direction / Focus:** Dancers facing and reaching in varied directions (upward, outward, floorward), creating a dynamic cluster.
- **Density / Proximity:** Dancers placed in close proximity at the center, creating a clumped structure contrasting with peripheral dancers.

5.3.2 Use of Force in Image (2 marks)

Award 1 mark per valid point:

- Sustained tension shown in held extensions and counterbalances.
- Contrast between heavy, grounded energy in low dancers and bound/extended energy in reaching limbs.

5.4 Interpretation of "Still I Rise" Poem as Stimulus (3 marks)

Award up to 3 marks for creative movement ideas directly linked to lines or themes in the poem:

- **Theme / Intent (1 mark):** Resilience, overcoming oppression, triumph over adversity.
- **Movement Vocabulary (1 mark):** Starting from low floor levels (symbolising dirt/hardship) moving into strong, rising vertical accents and expansive chest openings.
- **Quality / Dynamics (1 mark):** Sharp, grounded gestures giving way to confident, fluid, and powerful strides (mimicking "oil wells pumping" or "tides").

QUESTION 6: DANCE LITERACY [6 MARKS]

6.1 Characteristics/Principles of Learned Indigenous Dance (4 marks)

Award 1 mark per valid characteristic/principle matching the studied indigenous dance (e.g., Umxhentso, Indlamu, Pantsula, etc.):

- Grounded connection to the earth / bent knees (flat-footed stamping or rhythmic footwork).
- Polycentric movement / rhythmic isolation of torso, hips, or shoulders.
- Call-and-response structure between dancers, drumming, or singing.
- Use of repetitive, energetic rhythmic patterns that build in intensity.

6.2 Indigenous Dance and Heritage Preservation (2 marks)

Award 2 marks for a well-motivated response:

- Learning indigenous dances honors cultural identity and oral history by passing down traditions to future generations.
- Fosters cross-cultural respect, appreciation, and awareness of South Africa's diverse living heritage within a contemporary context.

QUESTION 7: DANCE WORK [19 MARKS]

7.1 Essay on Chosen Prescribed Dance Work (19 marks)

NOTE:

- All areas must be included for full marks to be awarded
- Use the rubric provided to evaluate the level of the candidate's answer
- No ticks to be used
- Bracket the entire answer in the left-hand margin to indicate the answer has been read
- Write the marks awarded for each heading in the rubric, either at the start or end of the answer depending on the space available
  E.g.: Information = 16
  Format = 3

Expected responses:
Storyline/theme/synopsis
Inspiration
Reason
Intent
Outline of sections/stages
Any other relevant areas relating to synopsis/theme/storyline

Production elements
Lighting design, special effects, projections
Costume
Set design
Props
Backdrop
Technology, multidisciplinary work

Movement vocabulary
Identifying movements/gestures/motifs, fused movements/styles
Dance elements
Choreographic structures
Any other area related to movement vocabulary

Music/accompaniment
Composers
Genres/style
Timing
Rhythm

Dynamics
Timbre
Sounds (15)
Phrasing
Instrumentation
Any other relevant answers relating to music/accompaniment

Format
Review style
Informative
Layout

MARKING RUBRIC

Information	**12 – 16**	• Outstanding recall in many areas regarding the dance work • Excellent ability to organise information
	8 – 11	• Good recall in some areas • Good ability to organise information
	4- 7	• Some recall in some areas • Able to organise information in places
	0 – 3	• Minimal/no recall • Minimal/no ability to organise information
Format	**AWARD ONE MARK FOR EACH OF THE FOLLOWING**	
	1	Clear introduction
	1	structured paragraphs with logical flow
	1	Concise conclusion

Mark strictly against the breakdown below:

- **Name of Dance Work & Choreographer:** (1 mark)
- **Synopsis / Intention / Theme:** (3 marks)
    - Clear outline of story, message, or central theme.
- **Production Elements:** (4 marks)
    - Detailed discussion of costumes, lighting, set, props, or music/soundtrack.
- **Movement Vocabulary:** (4 marks)
    - Analysis of specific style, techniques, key motifs, and movement qualities used.
- **Symbolism:** (4 marks)
    - Explanation of how production elements and movement vocabulary symbolically convey deeper meaning.
- **Format & Layout of Essay:** (3 marks)

- Clear introduction, structured paragraphs with logical flow, concise conclusion.

QUESTION 8: CHOREOGRAPHER [10 MARKS]

8.1 Speech on Chosen Choreographer (10 marks)

NOTE:
- Read the entire answer before awarding marks
- All areas must be included for full marks to be awarded
- Use the rubric provided to evaluate the level of the candidates' answer
- No ticks to be used
- Bracket the entire answer in the left-hand margin to indicate the answer has been read
- Check the following page in the answer book to ensure you have not missed part of the answer
- Write the marks awarded for each heading in the rubric, either at the start or end of the answer depending on the space available
  E.g.: Information = 12
  Format = 3

Expected responses: -
Background information
Dance training and career
Achievements and recognition
Contribution and relevance to dance and society
Influences
Any other relevant areas relating to the choreographer (15)

Information	**8 - 10**	• Outstanding recall in many areas regarding the choreographer • Excellent ability to organise information
	6 - 7	• Good recall in some areas • Good ability to organise information
	4 - 5	• Some recall in some areas • Able to organise information in places
	0 - 3	• Minimal/no recall • Minimal/no ability to organise information

Award marks across the requested sub-categories:

- **Background Information:** (2 marks)
  - Early life, socio-political context, or early influences.
- **Dance Training & Career:** (2 marks)
  - Formal training, notable dance companies, or key career milestones.
- **Achievements & Recognition:** (2 marks)

- Major awards, influential works, or leadership roles.

- **Contribution & Relevance to Dance and Society:** (2 marks)
  - Impact on South African/international dance, addressing social issues, job creation, or education.

- **Influences:** (2 marks)
  - Mentors, art forms, music, or cultural styles that shaped their artistic voice.

TOTAL SECTION B: 50 MARKS

GRAND TOTAL: 100 MARKS