BERGVLIET HIGH SCHOOL

**GRADE 11**

**DANCE STUDIES**

**NOVEMBER 2025**
**TERM 4 EXAMINATION**

**100 MARKS**

**2 HOURS**

**EXAMINER: T. VOSSGATTER**

**MODERATOR: A. VAN ZYL**

The question paper contains 8 pages

**INSTRUCTIONS TO THE LEARNER**

1. The question paper consists of TWO sections **and** EIGHT questions in total.
2. Answer all the questions.
3. Number the answers correctly according to the numbering system used in this question paper.
4. Read each question carefully and take note of what is required.
5. Read the action verbs in each question.

   EXAMPLES OF ACTION VERBS USED IN THE QUESTIONS:
   LOW-LEVEL QUESTIONS: choose, find, name, match, define, true or false
   MEDIUM-LEVEL QUESTIONS: describe, explain, discuss
   HIGH-LEVEL QUESTIONS: analyse, evaluate, argue, give an opinion
6. You may do rough planning in your answer sheet. Draw a line through any work that should not be marked.
7. Write neatly and legibly.

## SECTION A: SAFE DANCE PRACTICE AND HEALTH CARE

### QUESTION 1: INJURIES

1.1 Explain how warming up and/ or cooling down could help improve dance performance. (4)

1.2 Read the case study below and answer the following questions:

| |
|---|
| Bianca has just injured her ankle during rehearsal. After landing from a jump, she begins to feel a sharp pain in her ankle. Bianca is unable to put weight on the affected foot, as her ankle is starting to swell. |

1.2.1 Explain how Bianca could use RICE to treat her injury. (4)

1.2.2 Discuss how the correct landing technique could prevent an ankle injury. (2)
**[10]**

### QUESTION 2: COMPONENTS OF FITNESS

2.1 Indicate whether the following statements are TRUE or FALSE. Write only 'true' or 'false' next to the question number (2.1.1 to 2.1.5) in your ANSWER SHEET.

2.1.1 Neuromuscular skills require the brain to send messages to the body instantly. (1)

2.1.2 Muscle endurance allows the dancer to hold movements over a long period of time. (1)

2.1.3 Cardiovascular/ cardiorespiratory endurance is the ability of the heart and lungs to pump oxygen-rich blood to the muscle over a long period of time. (1)

2.1.4 Muscular strength involves movements that move through the full range of motion in the joints. (1)

2.1.5 The ideal time to stretch is at the beginning of the class. (1)

2.2 Describe ONE exercise that could develop the following components of fitness:

2.2.1 Flexibility (1)

2.2.2 Muscular endurance (1)

2.2.3 Cardiovascular/respiratory Endurance (1)

2.2.4 Neuromuscular Skills (1)

2.2.5 Core Stability (1)

2.3 Explain how the following fitness components can improve a dancer's performance. Substantiate with examples

2.3.1 Flexibility (2)

2.3.2 Muscular endurance (2)

2.3.3 Cardiovascular/respiratory Endurance (2)

2.3.4 Neuromuscular Skills (2)

2.3.5 Core Stability (2)

**[20]**

## QUESTION 3: GENERAL HEALTH CARE

3.1 Your dance teacher has asked you to create a brochure / pamphlet for the Grade 10 dance learners.

Include the following information in your brochure / pamphlet:

- The benefits of commitment and/ or concentration in the dance class
- The benefits of good relaxation practices
- The benefits of good nutrition
- Activities and behaviours to help young dancers build a positive body image.

(8)

TWO marks will be awarded for creativity and the design of your brochure/ pamphlet. You do not need to use colour.

(2)

**[10]**

## QUESTION 4: DANCE PERFORMANCE

4.1 Name FOUR qualities and/ or skills a dancer could use to make a performance memorable. (4)

4.2 Your class has been tasked to debate the following topic:

*This or That: Technique vs Performance Skills*

In your argument consider the value or importance of technique vs performance skills. Substantiate your answer. (6)

**[10]**

**TOTAL SECTION A: 50**

## SECTION B: DANCE HISTORY AND LITERACY

## QUESTION 5: IMPROVISATION AND CHOREOGRAPHY

5.1 Production elements play an important role in communicating symbolism in a dance work.

Name FOUR production elements we can refer to when we create and analyse a dance work. (4)

5.2 Explain how improvisation has contributed to your development as a choreographer and/ or dancer (2)

5.3 Study the image and answer the questions that follow:



5.3.1 Discuss how space is being used in the image above. (4)

5.3.2 Discuss how force is being used in the image above. (2)

5.4 Describe how you would interpret the poem below if it was given to you as an improvisation stimulus. (3)

**Still I Rise**

BY MAYA ANGELOU

You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.

Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

**[15]**

## QUESTION 6: DANCE LITERACY

6.1 Describe the characteristics/principles of the indigenous dance form you learnt at the end of term 3 and performed for your final practical exam this term. (4)

6.2 Do you think that learning indigenous dances contributes towards your own understanding of the preservation of our heritage? Motivate your answer. (2)

**[6]**

## QUESTION 7: DANCE WORK

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

| INTERNATIONAL CHOREOGRAPHERS | DANCE WORKS |
|---|---|
| George Balanchine | *Apollo* |
| Alvin Ailey | *Revelations* |
| Martha Graham | *Lamentations* |
| Christopher Bruce | *Ghost Dances* |

| SOUTH AFRICAN CHOREOGRAPHERS | DANCE WORKS |
|---|---|
| Veronica Paeper | *Orpheus in the Underworld* |
| Vincent Mantsoe | *Gula Matari* |
| Alfred Hinkel | *Bolero* **OR** *Cargo* |
| Sylvia Glasser | *Tranceformations* |
| Mavis Becker | *Flamenco de Africa* |
| Hazel Acosta | *Blood Wedding* |
| Gregory Maqoma | *Four Seasons* **OR** *Skeleton Dry* |

7.1 Write an essay on the dance work you have studied.

Include the following in your essay:

- The name of the dance work
- Synopsis
- Production elements
- Movement Vocabulary
- Symbolism

(16)

**NOTE:** THREE marks will be awarded for the format and layout of your essay. (3)

**[19]**

## QUESTION 8: CHOREOGRAPHER

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

| SOUTH AFRICAN CHOREOGRAPHERS | INTERNATIONAL CHOREOGRAPHERS |
|---|---|
| Veronica Paeper | George Balanchine |
| Vincent Mantsoe | Alvin Ailey |
| Alfred Hinkel | Martha Graham |
| Sylvia Glasser | Christopher Bruce |
| Mavis Becker | |
| Hazel Acosta | |
| Gregory Maqoma | |

8.1 Write a speech for your school's grade 10 Dance Studies learners on your chosen choreographer.

Include the following information:

- Background information
- Dance training and career
- Achievements and recognition
- Contribution and relevance to dance and society
- Influences

(10)

**[10]**

**TOTAL SECTION B: 50**
**GRAND TOTAL: 100**