DANCE STUDIES
GRADE 11

JUNE EXAMINATION 2025

80 MARKS
1.5 HOURS

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MODERATOR: MR. A. VAN ZYL

INSTRUCTIONS AND INFORMATION:

1. Number the answers correctly according to the numbering system used in this question paper.

2. Read each question carefully and take note of what is required.

   NOTE: If you are requested to *explain/elaborate/describe/analyse/ evaluate/compare*, write your answer in full sentences, and give as much information as possible. One-word answers will NOT be accepted.

3. You may do rough planning in the ANSWER BOOK. Draw a line through any work that should NOT be marked.

4. You will be assessed on your ability to:
   - Organise and communicate information clearly
   - Use the specific format asked for in certain questions
   - Use specialist dance terminology where appropriate

5. Write neatly and legibly.

SECTION A: SAFE DANCE PRACTICE AND HEALTH CARE

QUESTION 1: SAFE DANCE PRACTICES

1.1 Indicate whether the following statements are **TRUE or FALSE**. Write only "true" or "false" next to the question number on your answer sheet. If the statement is **FALSE**, give a reason for your answer.

1.1.1 It is no big deal to miss the warm-up at the beginning of class (1)

1.1.2 It is important to work in the body's range of movement in order to prevent injuries. (1)

1.1.3 Bouncing while stretching is safe and helps the muscles stretch further. (1)

1.1.4 Good posture means you must arch your back and relax your core. (1)

1.1.5 In order to land safely from a jump, you need to land through the feet and bend your knees. (1)

1.2 Explain the purpose of spotting while turning. (3)
[8]

QUESTION 2: COMPONENTS OF FITNESS

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

COMPONENT OF FITNESS	DEFINITION
2.1.1 Core Stability	**A.** The ability of the brain to send messages to the body with instant reaction time.
2.1.2 Flexibility	**B.** The ability of the muscles to exert force against gravity.
2.1.3 Neuromuscular Skills	**C.** A wide range of movement possible in the joints.
2.1.4 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.
2.1.5 Muscular Strength	**E.** The staying power of the body to perform for long periods of time without getting tired.

(5)

2.2 Refer to the image below and answer the questions that follow:



https-//za.pinterest.com#820D9A

2.2.1 Identify **TWO** components of fitness that this dancer requires to perform this movement. (2)

2.2.2 Choose **ONE** of the components you mentioned in **question 2.2.1** and explain why it is very important for dancers to have this type of fitness. (3)

2.2.3 Name **TWO** exercises that you could do to develop the fitness component identified in 2.2.2 which is needed to perform the movement shown in the image above. (2)

[12]

QUESTION 3: GENERAL HEALTH CARE

3.1 Choose a description in COLUMN B that matches the term in COLUMN A. You only need to write the question number and the corresponding letter. E.g. 3.1.7 X

COLUMN A	COLUMN B
3.1.1 Body image	A. Feelings of having to change in order to fit in with those around you.
3.1.2 Peer Pressure	
3.1.3 Mental Health	B. Managing thoughts and feelings with changing circumstances.
3.1.4 Stereotyping	
	C. Labelling and placing a person into a specific category.
	D. Thoughts and feelings about your physical appearance.

[4]

QUESTION 4: DANCE PERFORMANCE

4.1 Describe the characteristics of your dance major/genre under the following headings:

4.1.1 Costumes/Attire (2)
4.1.2 Music/Accompaniment (2)
4.1.3 Performance Space (2)

4.2 Name THREE different movement principles/techniques used in your dance major/genre. (3)

4.3 Explain how EACH principle/technique you have named in 4.2 is used in your dance major. (3)

[12]

TOTAL SECTION A: 36

SECTION B: DANCE HISTORY AND LITERACY

QUESTION 5: CHOREOGRAPHIC STRUCTURES AND DANCE ELEMENTS

5.1 Define the following choreographic structures.

5.1.1 Canon (5)
5.1.2 Motif
5.1.3 Climax
5.1.4 Unison
5.1.5 Stimuli

5.2 Choose **THREE dance elements** from the list below for EACH photograph.

Write down the number 5.2.1 and next to it the **three dance elements** you have chosen for the photograph. Provide an explanation for each element, stating why you have chosen to connect those elements to the photograph.

Levels	**Unison**	**Shape**	**Symmetry**
Asymmetry	**Contrast**	**Force**	**Size**
Direction	**Pattern**	**Negative Space**	

5.2.1 (3)



5.2.2 (3)



5.2.3  (3)

5.3 Explain the difference between improvisation and choreography. (2)

[16]

QUESTION 6: DANCE WORK

Answer the following questions on the dance work you have studied:

6.1 Name the choreographer and dance work you are writing on.

6.2 What influenced the dance work/what was the inspiration for the creation of this dance work? (2)

6.3 Explain the synopsis/intent of this dance work. (2)

6.4 Describe the production elements and music used and explain their symbolic meaning. (4X2)

6.5 Describe the movement vocabulary and how certain movements were used symbolically to convey the message of the dance work. (4)

6.6 In your opinion was learning about this dance work valuable in your life. (2)

[18]

QUESTION 7: CHOREOGRAPHER

7.1 Provide **TEN** interesting facts on the choreographer you have studied. **[10]**

TOTAL SECTION B: 44

GRAND TOTAL: 80