






Dance Super Curricular Activities

KS3

Please update the Form on the School website to record the Super-curricular activity you have completed



 Read	 Watch/Listen 
<ul style="list-style-type: none"> ▪ "Dancing in the Wings" by Debbie Allen ▪ "Taking Flight: From War Orphan to Star Ballerina" by Michaela DePrince ▪ Dance Spirit Magazine (Teen Edition) ▪ "Life in Motion: Young Readers Edition" by Misty Copeland ▪ "The Ultimate Guide to Dance" by Liz Knowles & Kathleen Kudlinski ▪ "Dance Around the World" by Camilla Jessel ▪ "Michaela DePrince: Hope in a Ballet Shoe" (Young Readers Edition) ▪ BBC Bitesize - PE Dance Resources 	<ul style="list-style-type: none"> ▪ GoNoodle (Website & App) ▪ BBC Bitesize - PE Dance Resources ▪ Just Dance Kids (YouTube or Game) ▪ The Royal Ballet (Beginner Clips) <i>[YouTube: Royal Opera House]</i> ▪ BBC Young Dancer Competition (Clips Available on YouTube) ▪ "Mad Hot Ballroom" (2005) ▪ "A Ballerina's Tale" (2015) ▪ "First Position" (2011) ▪ DanceSpeak (Podcast) ▪ Move: The Podcast (BBC Sounds)
 Visit	 Create/Explore
<ul style="list-style-type: none"> ▪ Sadler's Wells Theatre (London) ▪ The Royal Ballet at the Royal Opera House (London) ▪ Northern Ballet (Leeds) ▪ The Place (London) ▪ Yorkshire Dance (Leeds and Bradford) ▪ Trinity Laban Conservatoire of Music and Dance (Deptford) ▪ London's West End Theatre's ▪ Royal Academy of Dance (Clapham Junction) 	<p>Create a Dance Routine to Your Favourite Song</p> <ul style="list-style-type: none"> • Choose a song you love (3-4 minutes). • Break it into sections (verse, chorus). • Make simple movements or steps to match the music. • Practice and perform it for family or record a video. <p>Mirror movement challenge</p> <ul style="list-style-type: none"> ▪ Stand in front of a mirror and create movements. ▪ Watch yourself and try to perfect your posture, hand, and foot placement. ▪ Experiment with different speeds—slow motion and fast.

Dance Improvisation with props

- Use items like scarves, hats, or a chair.
- Move creatively with the prop, exploring shapes, levels (low, medium, high), and space.
- Improvise freely for 1-2 minutes, focusing on expression.

Learn and Perform and Dance Tutorial






- Find beginner videos online for styles like hip-hop, ballet, salsa, or bhangra.
- Follow along and practice the basic moves.
- Try to combine steps into a short sequence.

Explore different dance cultures

- Research a dance style from around the world (flamenco, African dance, Indian classical).
- Learn basic steps or movements online.
- Create a short dance inspired by that culture.

Create a dance warm up

- Design a 5-10 minute warm-up routine including stretches, jumps, and easy moves.
- Use it before practicing dances.

 Read	 Watch/Listen 
<ul style="list-style-type: none"> ▪ "Life in Motion: An Unlikely Ballerina" by Misty Copeland ▪ "Dancing on My Grave" by Gelsey Kirkland ▪ "Hope in a Ballet Shoe" by Michaela DePrince. ▪ "Taking Flight" by Michaela and Elaine DePrince ▪ "Balanchine and the Lost Muse" by Elizabeth Kendal ▪ "Dancing: The Pleasure, Power, and Art of Movement" by Gerald Jonas (DK Publishing) ▪ "Dance and Cultural Diversity" by Rosemary Martin ▪ "The Intimate Act of Choreography" by Lynne Anne Blom & L. Tarin Chaplin ▪ "The Healthy Dancer: Dance Science for Dance Education" by Weiyong Zhang ▪ "Dance on Screen: Genres and Media from Hollywood to Experimental Art" by Sherril Dodds ▪ "Dance and Gender: An Evidence-Based Approach" by Judith Lynne Hanna ▪ "Dance Composition: A Practical Guide to Creative Success" by Jacqueline M. Smith-Autard ▪ "Dance Composition Basics" by Pamela Anderson Sofras ▪ "Dance Improvisations: Warm-Ups, Games and Choreographic Tasks" by Justine Reeve 	<ul style="list-style-type: none"> ▪ Online Masterclasses (YouTube, Masterclass.com) ▪ "First Position" (2011) ▪ "A Ballerina's Tale" (2015) ▪ "Dance Dreams: Hot Chocolate Nutcracker" (2020) ▪ "Pina" (2011) ▪ "Move" (BBC iPlayer) ▪ Rambert Dance Company- Peaky Blinders ▪ Kenrick H2O Sandy- Emancipation of Expressionism ▪ Within her eyes- James Cousins ▪ TED Talks Dance Collection (Youtube) ▪ Jacob's Pillow Dance Channel (Youtube) ▪ The Royal Ballet Channel (Youtube) ▪ Alvin Ailey American Dance Theater (YouTube) ▪ Kyle Hanagami Dance (Youtube) ▪ DanceSpeak" (Podcast) ▪ "Move: The Podcast" (BBC Sounds) ▪ "The Ballet Podcast" (Podcast) ▪ "Dance Fact" (Podcast)
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- **Visit a place that inspires you- church, gardens, seaside, city**
Create movement/movement map using the place that inspires you

- Improvise for 1–2 minutes focusing on how that feeling shapes your body, dynamics, and facial expression.
- **Word-Driven Movement Task**
 - Select 3–5 descriptive words (e.g., sharp, flowing, heavy, floating).
 - Create movements that reflect each word and transition between them.
- **Contact or Partner Exploration (If Safe)**
 - Explore weight sharing, lifts, and counterbalances with a partner.
 - Create a duet focusing on trust, spatial awareness, and physical connection.
- **Dance & Social Commentary Project**
 - Identify a social or political issue that matters to you (e.g., equality, mental health, climate).
 - Choreograph a piece expressing your perspective or raising awareness.
- **Choreographic Devices Exploration**
 - Create a short phrase and experiment with:
 - ✓ Repetition
 - ✓ Retrograde (reverse)
 - ✓ Canon (staggered timing)
 - ✓ Unison
 - ✓ Fragmentation (break apart phrases)
- **Respond to Visual Art or Poetry**
 - Use a painting, sculpture, or poem as inspiration.
 - Choreograph a piece that translates visual or literary elements into movement.
- **Soundscape Movement Task**
 - Use everyday sounds (nature, traffic, voices) as your soundtrack.
 - Explore how unconventional sound influences movement choices.