

KLA/Course	Term 1	Term 2	Term 3	Term 4
CAPA - Dance	<p><b>TOPIC: Safe Dance Anatomy</b> A unit focusing on anatomy- the skeleton, muscles and joints, and their relation to dance, warm up, cool down, nutrition, injury prevention and treatment and aspects of safe dance practice</p> <p>L – emphasising critical thinking through reading, writing, listening, reflecting and speaking about body. Anatomy - specific vocabulary.</p> <p>N - <i>geometrical figures, platonic solids, biomechanics, time elements – counting.</i></p> <p><b>TOPIC: Dance Technique</b> A unit focusing on furthering strength, flexibility, coordination, skill, endurance and control while performing complex sequences in the classical, modern and contemporary dance style. Students also focus on further developing performance quality, projection, quality of line, focus and manipulation of the elements while performing complex sequences and dances.</p> <p>L – emphasising critical thinking through reading, writing, listening, reflecting and speaking about dance, and viewing and evaluating dance works. Dance-specific vocabulary.</p> <p>N - <i>geometrical figures, platonic solids, biomechanics, time elements – counting.</i></p>	<p><b>TOPIC: Stimulus</b> A unit continues developing anatomic knowledge in the area of neurology (proprioception, somatosensation, ideokinesis). Explores the senses and stimulus as a <i>starting point or inspiration</i> for creative movement, dance, communication, composition.</p> <p>L – emphasising critical thinking through reading, writing, listening, reflecting and speaking about body. Anatomy-specific vocabulary.</p> <p>N – <i>geometrical figures, platonic solids, biomechanics, time elements – counting.</i></p> <p><b>TOPIC: Shapes in Space</b> A unit explores the elements of dance – <b>SHAPE and SPACE</b> as a fundamental element of the composition. The positioning of the body or group of bodies in space, e.g. curved, angular, symmetrical or asymmetrical. Properties of shape. Levels - high, medium, low. Planes - frontal, sagittal, transverse. Dimension - small, large, narrow, wide, two and three dimensional <i>geometrical figures</i>. Students compose, structures and perform dance movement that communicates an idea.</p> <p>L – emphasising critical thinking through reading, writing, listening, reflecting and speaking about dance. Dance-specific vocabulary.</p> <p>N - <i>geometrical figures, platonic solids, biomechanics, time elements – counting.</i></p>	<p><b>TOPIC: Transition &amp; Sequences</b> A unit explores the elements of dance - <b>TIME and DYNAMIC</b> as a fundamental element of the composition. Design in space, release of energy, weight/force Tempo, duration, momentum, regular/irregular, accent, natural rhythms, stillness. Students compose, structures and perform dance movement that communicates an idea.</p> <p>L - emphasising critical thinking through reading, writing, listening, reflecting and speaking about dance. Dance-specific vocabulary.</p> <p>N - <i>geometrical figures, platonic solids, biomechanics, time elements – counting.</i></p> <p><b>TOPIC: Deconstructing Dance</b> This unit describing and analysing dance as an expression of ideas within a social, cultural or historical context. Students learn motifs and phrases from selected artworks and reflecting about their research.</p> <p>L – emphasising critical thinking through reading, writing, listening, reflecting and speaking about dance, and viewing and evaluating dance works. Dance-specific vocabulary.</p> <p>N - <i>geometrical figures, platonic solids, biomechanics, time elements – counting.</i></p>	<p><b>TOPIC: Creating and Developing Motifs</b> A study of developing motifs and the manipulation of these motifs in to phrases to communicate a concept/intent. Students develop their understanding of motif, motif in to phrase, transitions, sequencing and other processes of composition.</p> <p>L - emphasising critical thinking through reading, writing, listening, reflecting and speaking about dance, and viewing and evaluating dance works. Dance-specific vocabulary.</p> <p>N - <i>geometrical figures, platonic solids, biomechanics, time elements – counting.</i></p>