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Government

Education

Directorate: Curriculum GET


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**GET Term 2 Take Home Package**

**Creative Arts: Dance**

**Grade 8**

| GRADE  | 7  | 8 | x | 9 | TERM & SEE WCED TAP | 1  | 2 | x | 3 | 4 | ART FORM   | Dance | x | Drama | Music | Visual Art |  |
|--|--|---|---|---|---------------------|--|---|---|---|---|--|-------|---|-------|-------|------------|--|
| <b>REVISION &amp; CONSOLIDATION PACK</b>   |  |   |   |   |                     |  |   |   |   |   |  |       |   |       |       |            |  |
| <b>TEACHERS</b><br> | <b>Aim /Purpose/ Topic / Content / Concepts / Skills</b><br>(WHAT I am going to teach/guide/support...)  |   |   |   |                     | <b>Teaching Methodologies &amp; Classroom Management Skills</b><br>(HOW I am going to teach/guide/support...)  |   |   |   |   | <b>Resources / LTSM</b><br>(WHAT I am going to use to teach/guide/support...)  |       |   |       |       |            |  |
|  | <ul style="list-style-type: none"> <li>• <b>Topic 1: Dance Performance</b></li> <li>• <b>Topic 2: Dance Composition &amp; Improvisation</b></li> <li>• <b>Topic 3: Dance theory and literacy</b></li> </ul>  |   |   |   |                     | <b>Introduction:</b><br>From Week 1- 7 the learners have been developing and strengthening their technique and mastering the skills. Use the Revision pack to consolidate the work done in Term 2. |   |   |   |   | <b>Paper based resources/ Digital Resources</b><br>All resources will be form part of the revision activities below. |       |   |       |       |            |  |
| <b>PARENTS</b>   | Guide your child/ren through the revision pack after they have completed the activities for Term 2. This will help them with consolidation of the skills developed and knowledge gained in the previous lessons.   |   |   |   |                     |  |   |   |   |   |  |       |   |       |       |            |  |
| <b>LEARNERS</b>  | Once you have completed the lessons from Week 1-7, use the revision pack that contains a variety of activities to remind you of the work that has been done in Term 2. Use the activities as self-reflection to determine where further support is needed. |   |   |   |                     |  |   |   |   |   |  |       |   |       |       |            |  |
| <b>Informal Assessment</b>   | The <i>Pantsula</i> dance performance.   |   |   |   |                     |  |   |   |   |   |  |       |   |       |       |            |  |
| <b>Values taught</b>   | Respect, tolerance, cooperation, self-discipline   |   |   |   |                     |  |   |   |   |   |  |       |   |       |       |            |  |

**ACTIVITY 1: WARM UP**

Follow the link to a Fun Zumba Warm up - <https://youtu.be/tDGduyICbQ> . Focus on good posture and alignment as seen in the picture below.

Describe the following term:

**Good Posture for Dance:**

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**What is the purpose of warming up the body?**

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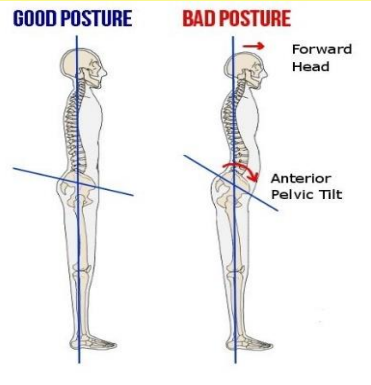
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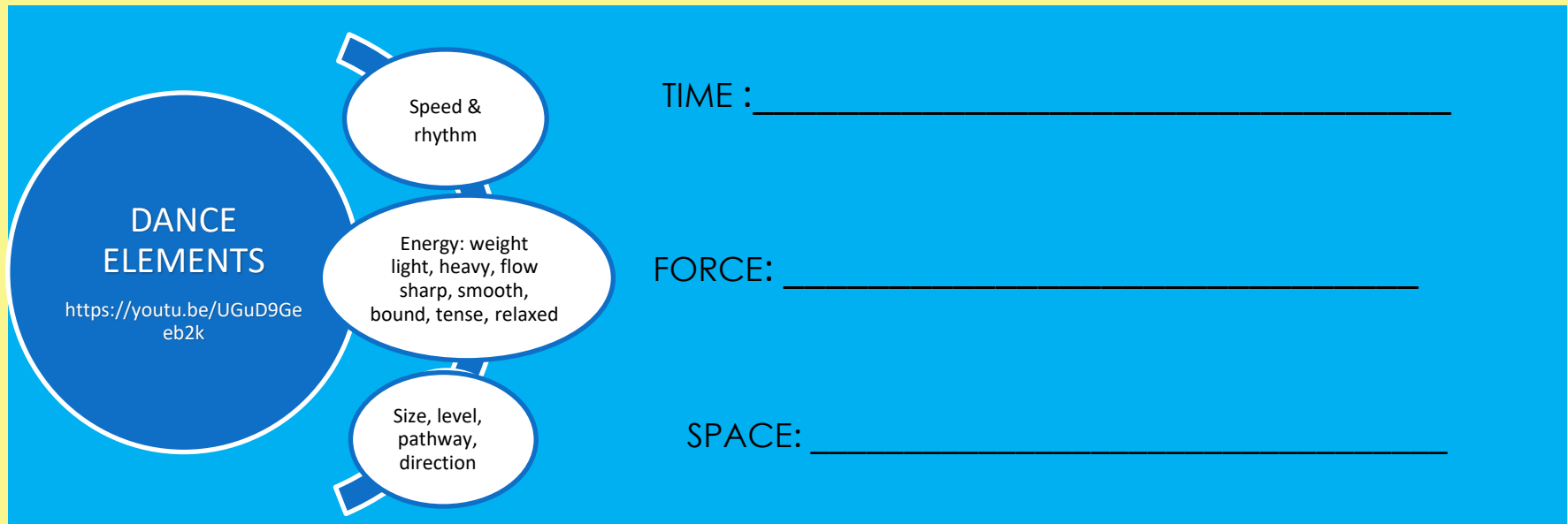
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**ACTIVITY 2: ELEMENTS OF**

## DANCE: TIME, FORCE & RELATIONSHIPS

Study the diagram below and give definition for each element, as explored in Term 2. Use the link to help you: <https://youtu.be/jtgD3bwvO0o>



Reflect on your experience during the past term and provide an explanation for each of the following dance terms.



Lead and follow



Mirror Image



Unison



Relationships

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### ACTIVITY 3: AERIAL /TRAVELLING MOVEMENTS

In all jumping activities it is important to land safely at all times to avoid injuries. Explain what this statement means.



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Use the pictures below as examples of various leaps that can be practiced, as you were instructed to do in Week 5, Activity 1.



## ACTIVITY 4: PANTSULA

Refer to the *Pantsula* dance that you were taught from Week 5 – 7. Use the information below to revise what you have learnt.

*Pantsula* dance is commonly known as a traditional township dance and mostly used as an entertainment instrument amongst township youngsters. However, it is a well-known fact that *Pantsula* Dance is more than just an entertaining pastime for most. With a rich history deeply associated with music, lifestyle and fashion, the art form is one that is both revered and kept alive by those who use it to get ahead in life.

*Pantsula* is a syncopated, quick-stepping, low to the ground form of dance which evokes the urban street culture of which it is a part. It is performed by groups of dancers who practise together for many hours each week. It provides a powerful, stylized form of expression. As one *Pantsula* dancer describes it, "we have drive, we are one, we have power, we are young, strong and quick, we have our own style and we are competitive."

Use the pictures below, to help you in creating your own *Pantsula* sequence of 16 counts, as you were instructed to do in Week 6 to end off the dance.



Use the link, as a resource, to watch the *Urban Movers Pantsula Dancers* in Alexandra township (South Africa): <https://youtu.be/KcQlh0Q8has>

## ACTIVITY 5: COOL DOWN

Use the link to guide you through some stretches to cool the body down: <https://youtu.be/jeNwE4VXags>.  
Enjoy the relaxing music to complete the activity. <https://youtu.be/17dWR83-38w>



### Cool-Down Benefits

- Slowly ending your workout gives your body a chance to:
  - ✓ Relax
  - ✓ Decrease your heart rate
  - ✓ Decrease your breathing rate
- Reduces potential for muscle soreness
- Reduces chance of dizziness or fainting