**Dance Performance**

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| **Criterion B: Planning for Performance** |
| **(0)** | **Beginning (1-2)** | **Developing (3-4)** | **Accomplished (5-6)** | **Exemplary (7-8)** |
| *I have not achieved a standard described by any of the descriptors to the right*. | *I am able to:***construct and outline** a plan to improve physical performance or health **outline** the effectiveness of a plan based on the outcome.  | *I am able to:***construct and describe** a plan to improve physical performance or health **explain** the effectiveness of a plan based on the outcome.  | *I am able to:***design and explain** a plan to improve physical performance or health **analyse** the effectiveness of a plan based on the outcome.  | *I am able to:***design**, **explain** and **justify** a plan to improve physical performance or health **analyse** and **evaluate** the effectiveness of a plan based on the outcome.  |

**Task: Design, Explain and Justify Dance Performance**

**Grade 8: Perform “Oh Johnny”**

**Grade 9: Adapt Virginia Wheel to the selected song**

**Grade 10: Create your own dance to the selected song**

**Part 1:** Create / Design your plan on the sheet

**Part 2:** Explain your steps clearly

**Part 3:** Justify the choice of your moves with the listed dance concepts

**A successful dance performance must incorporate all of the following dance concepts:**

***Force:*** *refers to the energy level of movement for example: heavy, light, strong, weak*

***Level:*** *refers to the height in relation to the floor (low, medium and high)*

***Flow:*** *refers to smoothness and continuity of movements and linking movements*

***Space:*** *refers to the area that extends in all directions and can be described in terms of pathways, directions, level, focus and personal space*

***Time :*** *refers to the concept that organizes movement, it encompasses tempo, rhythm and duration*

***Coherent:*** *refers to logical development of composition*

**Part One: Dance Steps**

**Minimum of 2 minute performance**

*Choose patterns and movements that tie together to make a coherent performance that is aesthetically pleasing to watch. Moves should fit the lyrics and the beat. Group should show creativity, imagination and style.*

*\*steps should be organised in beats of 4 or 8*

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| **Steps (What)** | **Explanation (How)**  | **Justification ( Why)** |
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| **Steps (What)** | **Explanation (How)**  | **Justification ( Why)** |
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**Post Performance Evaluation**

Effectiveness of the plan based on the outcome/performance

How prepared were you? How did you do?

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| --- | --- | --- | --- | --- |
|  | Not at all | A bit | Consistent | Exceeds |
| Timing |  |  |  |  |
| Flow |  |  |  |  |
| Force |  |  |  |  |
| Level |  |  |  |  |
| Space |  |  |  |  |
| Creativity |  |  |  |  |
| Wow Factor |  |  |  |  |

How did your plan help?

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What would you do differently? Why?

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