



DANCE

Dance builds on your strength, flexibility, fitness, coordination, musicality and technique in a range of dance styles from tap dancing to Latin dancing. As you transition into sixth form, we will encourage you to build on life skills, including leadership. Dance provides you with the opportunity to become a prefect in another area of school...A prefect whereby you can lead your own dance sessions, offer ideas for choreography, create your own dances or develop your own technique by exploring styles that you have not explored before.

HIIT WORKOUTS

Key to every session and a long career in dance is building up your anaerobic and aerobic exercise ability. This is why it is paramount that we begin all sessions with a warm-up, flexibility exercises and a HIIT (**High Intensity Interval Training**) workout.

Examples of a **HIIT** workout include: -

A 30/30/30 workout.

You would set a 30 second timer for each exercise outlined below followed by a 30 second period of rest. You would be encouraged to complete a HIIT workout as follows: -

1. BURPEES for 30 seconds, followed by PLANK for 30 seconds followed by REST for 30 seconds....The same structure would then be used within the same workout for the below exercises.
2. STAR JUMPS/AB HOLD/REST
3. SQUAT THRUSTS/BEGINNERS PLANK/ REST
4. JUMP SQUATS/SQUAT HOLD/REST
5. PRESS UPS/NARROW PRESS-UPS/ REST
6. LEG LOWERS/LEG LOWER HOLD/ REST

You can also look at the below links to give you guidance on how to apply the correct technique and build on the level of difficulty of each exercise. In Dance we follow the work of Kayla Itsines closely as she is a reputable personal trainer – she has many youtube videos that you can watch and learn from. See one of her links below.

HOW TO PERFORM A FULL PRESS-UP

https://www.youtube.com/watch?v=spF_QLN9bu4

HOW TO BUILD UP TO PERFORMING A FULL BURPEE FROM A BEGINNERS BURPEE

<https://www.youtube.com/watch?v=dZgVxmf6jka>

Or you may just want to have a go at spelling out your name to create your own HIIT workout: -





Woodhouse Grove School

Dance: Co-curricular prep for Sixth Form

PUSH YOURSELF BY SPELLING OUT YOUR FULL NAME. IF YOU HAVE A SHORT NAME, REPEAT 3 TIMES.

CORE STRENGTH AND WORKOUTS

In Dance club we promote the importance of core strength. Core strength is particularly important for a dancer, as a strong core promotes better balance, helps a dancer stay properly aligned and improves stability. Strong muscles in the core also decrease the risk of injury.

EXAMPLE CORE WORKOUT THAT YOU COULD HAVE A GO AT: -

30/10 X 10 PER SEQUENCE – ACCUMULATOR WORKOUT

1. PLANK – 30 SECONDS ON, 10 SECONDS REST
2. PLANK AND PLANK TAPS – 30 SECONDS ON AND 10 SECONDS REST FOR EACH EXERCISE
3. PLANK, PLANK TAPS AND THEN PLANK LEG JUMPS - 30 SECONDS ON AND 10 SECONDS REST FOR EACH EXERCISE
4. PLANK, PLANK TAPS, PLANK LEG JUMPS AND THEN BICYCLES- 30 SECONDS ON AND 10 SECONDS REST FOR EACH EXERCISE

You could research other core exercises and create your own version even coupling a few sequences together to create a larger workout. You could then lead some of the sessions with your HIIT workouts.

FLEXIBILITY

Flexibility is genetic. However, everyone has the ability to develop and improve their flexibility with the right technique. Remember, at no point should you bounce in a flexibility stretch and this can cause serious and/or long-term damage. Also, always make sure that your body is warmed-up before conducting any form of stretches.

Follow the picture steps below to develop some of your own stretches.

You may also wish to research and look at the videos based on stretch bands/stretch loops/ resistance bands to aid the development of your flexibility.

BOX SPLIT STRETCH – ADVANCED LEVEL

<https://www.youtube.com/watch?v=71sOR9FDvM>

FULL BODY RESISTANCE STRETCH FOR ALL ABILITIES

<https://www.youtube.com/watch?v=abqZwzk5LSw>



danceinsight
21-Day Stretching Challenge
Part One

1	 Butterfly <i>20 seconds</i>	 Pike Against Wall <i>20 seconds</i>	
2	 Frog <i>25 seconds</i>	 Lunges <i>25 seconds each side</i>	
3	 Straddle <i>30 seconds</i>	 Leg Holds <i>30 seconds each leg</i>	
4	 Butterfly <i>35 seconds</i>	 Pike Against Wall <i>35 seconds</i>	
5	 Frog <i>40 seconds</i>	 Lunges <i>40 seconds each side</i>	
6	 Straddle <i>45 seconds</i>	 Leg Holds <i>45 seconds each leg</i>	
7	 Butterfly <i>50 seconds</i>	 Pike <i>50 seconds</i>	 Forced Arch <i>30 seconds</i>
8	 Frog <i>55 seconds</i>	 Lunges <i>55 seconds ea.</i>	 Second <i>35 seconds</i>
9	 Straddle <i>60 seconds</i>	 Leg Holds <i>60 seconds ea.</i>	 Calves <i>40 seconds</i>
10	 Butterfly <i>65 seconds</i>	 Pike <i>65 seconds</i>	 Forced Arch <i>45 seconds</i>



DEVELOPING YOUR SKILLS IN VARIOUS DANCE STYLES

TAP DANCING

In Dance Club we explore, teach and encourage you to learn a range of styles.

Fred Astaire's first film, 'FLYING DOWN TO RIO', apart from cameo roles, was fulfilled when he was already 34. In a most recent Tweet from Matthew Bourne, a famous contemporary choreographer, he highlighted how this alone is inspiration for all later starters. You are never too old to start dancing.

In preparation for year 12 dance you may wish to look at and research Fred Astaire's Tap dancing, which he painted across the canvas of the stage in a way that regenerated and brought life to a dance style that had become rather formal in its presentation. When he danced, it is as if words were not invented until his feet hit the dance floor and then he could communicate with anyone. You may wish to research his style of Tap Dancing or even look at modern and acoustic Tap through the likes of 'STOMP.'

FRED ASTAIRE - 'FLYING DOWN TO RIO'

<https://www.youtube.com/watch?v=JmXwHMOfg1c>

STOMP TAP DANCING

<https://www.youtube.com/watch?v=tZ7aYQtIldg>

LATIN DANCE

As Strictly Come Dancing hits our screens and with our great participation and appearance in school productions and musicals we have explored many Latin styles of dance along with the Lindy hop. The Charleston and Jive dance style have featured in a number of shows. You may wish to watch the YouTube clips below to develop your understanding of the swivel in the Charleston step to the speed of the Jive as the Strictly stars capture its charismatic, heightened leg movement and energetic style.

ASHLEY AND PASHA JIVE TO 'SHAKE YOUR TAIL FEATHER'

<https://www.youtube.com/watch?v=ixl034suy7o>

BASIC CHARLESTON STEPS TUTORIAL WITH KAREN HAUER AND KEVIN CLIFTON FROM STRICTLY.

<https://www.youtube.com/watch?v=jUqRAUxip4U>

NEW AND UPCOMING ARTISTS

GALEN HOOKS

In dance club we like to look closely at the style of Galen Hooks who has developed a fresh, highly original and symbolic form of commercial dance. She encourages a dancer to embrace their own dance style and move away from a unified way of performing the choreography.

Research and explore her style through the link below.

<https://www.youtube.com/watch?v=OsnljDj6wxo>



DEVELOPING YOUR OWN CHOREOGRAPHY

'CHANCE DANCE' – MERCE CUNNINGHAM

Merce Cunningham was a famous American, contemporary dancer and choreographer who devised a choreographic concept that involved the application of 'chance' so dance routines would not become predictable. He achieved this by using the action words of JUMP, TURN, STILLNESS, TRAVEL, BALANCE AND OWN MOVE and allocated each to a number on a six sided, standard dice. The dancers would then roll the dice to create a sequence of these movements and then create the choreography based on the action words they were given through the chance of the dice roll.

Research further into Merce Cunningham's techniques so you can create and lead your own choreography.