



YEAR 9 DANCE – TERM 3: Physical Skills of a Dancer

To dance in a professional dance or dance theatre company you are going to need a few dance skills.

Here are a list of skills below - can you number them in order of which ones you think are most important?

1 – being very important, 7 – least important

- _____ Physical fitness, stamina and perseverance
- _____ Motivation and discipline
- _____ Focus, projection and interpretation
- _____ Creativity
- _____ Resilience
- _____ Confidence and self-belief
- _____ The ability to work as part of a team

- Are there any skills missing from the list in the box to the left? If so write them in your book.

- Have a look here at different types of fitness:
<https://www.iadms.org/?303>

Let's take a look at the physical skills needed as a dancer:

Strength

The ability to exert a tension against a resistance – this could be gravity or the dancer's own body.

When working muscles either with weights or just lifting one's own leg to second you need progressive overload:

Frequency – increasing the number of repetitions or the speed.

Intensity – adding more resistance e.g. weights.

Duration – increasing the length of time a movement takes.

Watch this video:

<https://www.youtube.com/watch?v=F7HEZwpXaZw>
(it is 20-minute strength training)

Correct alignment: This includes: good posture.

Which one below is good posture? Why?

You need correct alignment for safe practice e.g. the knees over the toes when landing from a jump with good 'plumb line' posture.



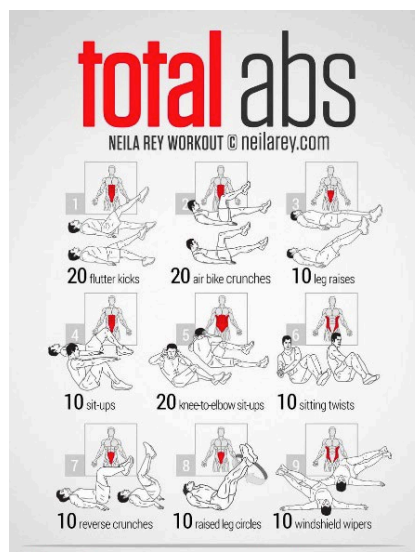
Try this test in pairs.

Tape two pieces of paper to some string or wool.

Tape one piece to the centre of your knee cap (patella)

When you bend your knees see where the paper lands on the floor.

If you are doing it correctly it will land on your middle toe.



What exercises would you like to use in your strength training?

How else can you improve your strength for dance?