

# DANCE



Students will study dance as an art form by observing and exploring three key dance practices: Performance, Composition and Appreciation.

## **PERFORMANCE**

Students participate in practical dance classes and experience a range of dance styles. They will develop strength, flexibility, coordination, endurance and skill. Students also develop a knowledge of the basic anatomy and physiology of the human body as it relates to the dancer and the common causes, prevention and care of dance injury.

## **COMPOSITION**

Students learn to manipulate movement and create their own sequences and dance compositions. They discover choreographic techniques and apply them to their own dance works.

## **APPRECIATION**

Students study dance works created by both their peers and by professional choreographers. Students analyse dance works as pieces of art and make links between works and the social and historical contexts in which they were created. Students learn about communicating ideas through dance and explore how dance has evolved over time.

Students do not need any previous dance experience to choose this subject, they only need an interest in dance and a willingness to try new things.