

Warming Up	Cooling Down
To prepare body & mind for the exercise you are about to do	To return heart rate, body temperature & breathing to normal
To reduce risk of injury	To prevent muscle soreness
To prevent muscle soreness	

Warm Up Components

Aerobic exercises: Raise heart rate/ circulation and body temperature

Mobility exercises: Increase the range of movement at a joint.

Strength exercises: Improve muscle performance

Stretches: Improve flexibility and blood flow

Travelling sequences: Improve concentration and co-ordination



Cool Down Components

- Stretches
- Breathing exercises
- Rest



Dancers need to ensure they are performing the correct exercises in order to look after their bodies and prevent the risk of any injuries. They will need to warm their bodies up and cool them down correctly doing exercises such as jogging to increase circulation, relevés and plies to strengthen their legs, ankles and calves. Tendus of the legs to loosen their hamstrings or hips, shoulder rolls and neck turns etc. Finally lunges and other leg stretches to improve flexibility

Safe Practice In Rehearsals
Always warm up at the beginning of a rehearsal
Make sure the dancers are wearing the correct clothing
Make sure the movements are set for the correct ability of the dancers
Make sure dancers are using correct technique



- Remove all jewellery and chewing gum
- Wear appropriate clothing- no zips or buckles, not too tight to restrict movement, not too baggy
- Wear appropriate footwear- dance shoes, trainers or bare feet
- Make sure all hair is tied back and out of the face.

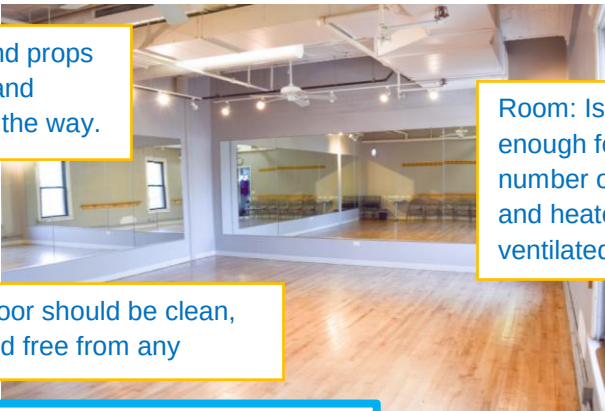
Safe Technique

Contact Work: Ensure partner is ready to receive weight, have a stable base, use leverage & momentum, use knees not back*

Elevation: Ensure correct take off & landing: bend legs, peel foot, straighten leg, peel foot, land heel, bend legs*

Do specific warm exercises for both

Set: Lights and props are secured and placed out of the way.



Room: Is large enough for the number of dancers and heated/cooled/ventilated correctly

Floor: The floor should be clean, dry, clear and free from any

Response to Injury



Diet & Nutrition



Why is diet important? A dancer should eat a healthy diet to ensure they are fuelling their bodies correctly. Eating the correct foods will prepare your body for the day and reduce risk of injuries.

A Balanced Diet

PROTEINS (15%): meat, fish, eggs and milk. Helps the body grow and repairs itself.

CARBOHYDRATES (55%): Sugar found in sweets, cakes, and jam. Starch, found in pasta, rice and potatoes. Provide energy.

FATS (30%): Found in oils, spreads and crisps. Keeps us warm and provide energy.

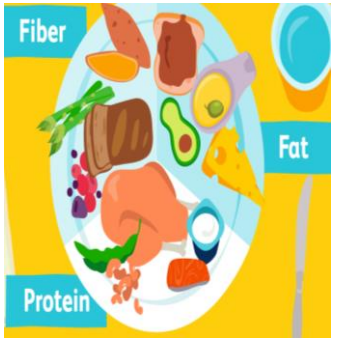
A Healthy Diet

MINERALS: Helps bones, teeth and skin grow.

VITAMINS: Helps various chemical reactions in the body.

WATER: Needed for hydration and performance.

FIBRE:



TIPS!

Don't rehearse or perform on a completely EMPTY or a completely FULL stomach

Eat a couple of hours before to allow food to digest and refuel soon after



DANCE SKILLS

PHYSICAL/ TECHNICAL SKILLS

The skills you need in your body
Make the dance look aesthetically pleasing

- Posture
- Alignment
- Flexibility
- Extension
- Co-ordination
- Strength
- Balance
- Stamina
- Mobility
- Ability to reproduce movements accurately
- Whole body
- Participation / isolation
- Movement memory



INTERPRETIVE/ EXPRESSIVE SKILLS

The skills you need in your movements/ face
Add emotion/ mood/ character to the dance

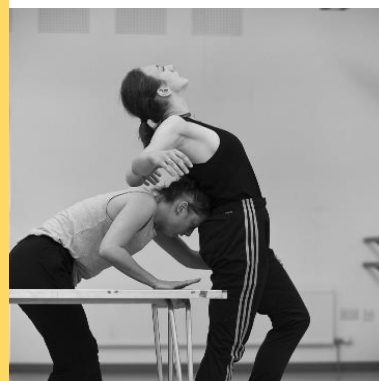
- Musicality
- Focus
- Projection
- Emphasis
- Facial Expression
- Awareness and appreciation of sound accompaniment
- Timing



REHEARSAL SKILLS

The skills a dancer needs and the activities they need to undertake to make an effective rehearsal

- Attendance
- Punctuality
- Readiness to work
- Effort
- Listening / following instructions
- Observing safe practice
- Willingness to try things out
- Concentration and focus
- Appropriate interaction with others
- Time management
- Warming up
- Learning choreography
- Responding to feedback



Roles & Responsibilities

Dancers' lives are extremely busy and hard. They have to be highly self motivated and disciplined. They also need to be able to work with lots of different people and therefore have a lot of accountabilities.

Roles	When/ where?
Leader	As dance captain
Team member	Working with the rest of the dance company/ cast and technical crew
Student/ subordinate	Listening, following and responding to choreographer's instructions and directions



Example Schedule:

Starts 8.30am, 6 days a week
Gets changed into practice clothes
9.30 warm up class (1hr 15 mins)
Rehearse for 5/6 hrs after
Check schedule- changes every day
4 rehearsals- 3 different ballets at the same time!
Different types of rehearsals- studio, stage, orchestra
Some dances new, some dances old, some with new partner
4.30pm visit physiotherapist
5hr gap- warm up, prepare for show- hair & make up
9.30- perform

SOME RESPONSIBILITIES INCLUDE:

- Self discipline
- Cooperation
- Exercise and train to maintain or improve physical fitness, ability and endurance
- Monitor the dance industry to identify current trends and developments in choreography
- Perform classical, contemporary or acrobatic dance movements during filming, productions or stage entertainment
- Ensure dance moves are in sync with other dancers when working with a group
- Practice dance routines several hours a day in preparation for a performance
- Develop dance movements to express an idea, concept or emotion
- Attend auditions to secure a job or a role in a movie or music production
- Deliver performances during musical productions such as opera, ball and concerts
- Engage in self-promotion to advertise dancing skills and abilities.

JAZZ DANCE



When: originated approx. 1850s, became very popular in the 1920s (roaring twenties/ prohibition)

Where: New Orleans, America (speakeasies)

How: developed from West African music/ dance traditions mixed with American/ European social dance eg. charleston

What: Leaps, pirouettes, pas de bourres, jazz hands. Mainly upright spine. Parallel, turned out and turned in foot positions. Mainly contracted or extended arms

Who: Jack Cole, Matt Mattox, Bob Fosse, Gwen Verdon, Jerome Robbins

CONTEMPORARY DANCE

When: originated approx. 1920s (Isadora Duncan), developed in the 1960s, became very popular in the 1980s

Where: Europe and America

How: instigated by dancers rejecting classical ballet and exploring the limits of the human body, using inspiration from dance forms all over the world

What: Anything and everything! Depends on differing techniques . Floorwork, flexible use of spine, natural, turned out and parallel positions, unusual arm gestures

Who: Graham, Cunningham, Ailey, Alston, McGregor, Bourne, Khan, de Keersmaker, Schecter



STREET DANCE



When: 1970s

Where: The Bronx, New York and California: nightclubs, parks, block parties

How: Originated in African American and Latino communities, not accepted in dance studios, trying to find a voice

What: Depends on genre: breakdance, hip hop, vogueing, locking and popping, waacking, house. Complex footwork, arm gestures, body pops, waves, freezes and power moves,

Who: Charles Washington, Boogaloo Sam, Don Campbell, Les Twins, Paris Goebbel, Katie Prince, Diversity, Flawless